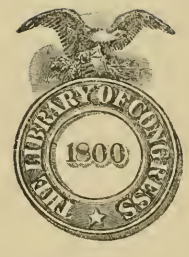
THE MODERN CLUB BOOK OF RECIPES

PHILADELPHIA



Class TX715

Book .E75

Copyright No.

COPYRIGHT DEPOSIT.

THE MODERN CLUB
BOOK OF RECIPES

Contributed By Club Members
And Their Interested Friends

Compiled and edited by
MRS. NORMAN S. ESSIG
Chairman of Home Economics, Modern Club

PHILADELPHIA, PA.
THE JOHN C. WINSTON COMPANY
1921

TX715
.E75

Copyright, 1921, by
THE MODERN CLUB

FEB 13 1922

©CLA654622

Affectionately dedicated

to

Our President

MRS. HAROLD DeLANCEY DOWNS

whose splendid leadership, unselfish devotion and untiring zeal
have inspired

THE MODERN CLUB

with faith in its members, courage for any task
and service to others

FOREWORD

A few places in the world are to be held holy because of the love that consecrates them and the faith that enshrines them. Their names are themselves talismans of spiritual beauty. Of these is HOME. The strength of a nation is in the intelligent and well-ordered homes of its people.

May this little book of tried and tested recipes do its bit in the home, according to its abilities, for each, according to his needs: and in so doing help to reach the goal of HOME ECONOMICS; which is to develop every home into an institution that is economically sound, mechanically convenient, physically healthful, morally wholesome, mentally stimulating, spiritually inspiring, socially responsible; a center of unselfish love in the glory of serving our fellow-man.

To attain this, the housewife must realize that mere housekeeping is a means to an end—a means to secure a finer development of individual life and more wholesome contribution to community welfare.

If this little book contributes to the happiness of a single home, it will not wholly have failed to realize the hopes cherished for it by the compiler.

To the respective club contributors, by whose liberality so large a number of recipes are inserted, and to the many good friends who have further herein aided, I take this opportunity of repeating my grateful acknowledgments.

MERCY RICHARDS ESSIG

CONTENTS

	PAGE
Breads, Cereals and Sandwiches	1
Hors-d'Œuvres	25
Soup	33
Fish, Oysters, Lobster, Terrapin and Crabs	49
Entrées	71
Meats, Poultry, Game and Eggs	83
Vegetables	123
Sauces	147
Pickles and Relishes	161
Salads and Dressings	173
Cakes	195
Pastry, Pies and Puddings	235
Ices	267
Candies and Nuts	277
Fruits and Vegetables (Preserved, Canned), Jellies and Jams	289
Beverages	307
Cookery for the Convalescent	315
Miscellaneous	335

INTRODUCTION

The highest calling that can come to any woman is to make a HOME. To this she must bring good sense, good temper and good management. As Ik Marvel said in his "Reveries of a Bachelor," "In her are met all the graces and the virtues of which as a bachelor I dreamed." To make these dreams of home and happiness come true, the woman of today has many things to help her, and one of these, well fitted to be her daily guide, is this Cook-Book that combines the valuable experiences of the splendid young housekeepers of THE MODERN CLUB.

ISABEL MCILHENNY NICHOLS
(MRS. H. S. PRENTISS NICHOLS)

A BIBLICAL BILL OF FARE

Taken wholly from the Bible, a right royal banquet it would make. As will be seen, the courses number five. The candelabra and music are specified. Though in Palestine there is now no game, yet at this dinner quail and partridge are provided.

A DINNER FROM THE BIBLE

Spread a cloth of blue, and put thereon the dishes, and the spoons, and the bowls, . . . with the bread that is in the basket.—Numbers iv, 7, and Leviticus viii, 31.

Salt without prescribing how much, . . . and a little oil in a cruse.—Ezra vii, 22, and I Kings xvii, 12.

Bright shining of a candle doth give thee light.—Luke xi, 36.

Tell them which are bidden, Behold, I have prepared my dinner.—Matthew xxii, 4.

Let us eat, and be merry.—Luke xv, 23.

A feast is made for laughter, wine maketh merry.—Ecclesiastes x, 19.

Ye hear . . . all kinds of music.—Daniel iii, 5.

GRACE

Give us this day our daily bread.—Matthew vi, 11.

SOUP

Pour out the broth.—Judges vi, 20.

Feed me . . . with . . . pottage.—Genesis xxv, 30.

Eat this roll.—Ezekiel iii, 1.

Use a little wine for thy stomach's sake.—I Timothy v, 23.

FISH

We remember the fish, which we did eat.—Numbers xi, 5.

They gave him a piece of a broiled fish.—Luke xxiv, 42.

Bring of the fish which ye have now caught.—John xxi, 10.

Every man at the beginning doth set forth good wine.—John ii, 10.

ENTREMETS

Hare.—Leviticus xi, 6.

Chickens.—Matthew xxiii, 37.

Besides harts, . . . and fatted fowl.—I Kings iv, 23.

Kidneys.—Deuteronomy xxxii, 14.

The wine is red.—Psalms lxxv, 8.

Olives.—Micah vi, 15.

Give me . . . a little water; . . . for I am thirsty.—Judges iv, 19.

ROAST

All manner of bake-meats.—Genesis xl, 17.

Thou mayst kill and eat . . . of the roebuck.—Deuteronomy xii, 15.

Ye shall eat . . . the wild goat, . . . and the wild ox.—Deuteronomy xiv, 4, 5.

Cause the strong wine to be poured.—Numbers xxviii, 7.

VEGETABLES

Take . . . unto thee wheat, lentiles, . . . and millet.—Ezekiel iv, 9.

(They) brought . . . parched corn and beans.—II Samuel xvii, 28.

After that, the full corn in the ear.—Mark iv, 28.

We remember . . . the cucumbers, . . . and the leeks, and the onions, and the garlick.—Numbers xi, 5.

GAME

Partridges.—Jeremiah xvii, 11.

Two young pigeons.—Leviticus v, 7.

And he brought quails.—Psalms cv, 40.

I would cause thee to drink spiced wines.—Canticles xvii, 2.

Carry these ten cheeses unto the captain.—I Samuel xvii, 18.

GRACE BEFORE MEAT

Morning

Our Heavenly Father, we thank Thee for Thy care during the hours of the night and for the morning light; for the fellowship of love, and for these, Thy mercies. Keep us throughout this day in purity of heart and give to us the spirit of good-will to all. In Jesus' name.—Amen.

Noon

Bless to our use, our Father, these tokens of Thy loving care. Give us grateful hearts for all Thy gracious kindness. Help us to be worthy of the great love bestowed upon us, and lead us into unselfish service. For our Saviour's sake.—Amen.

Evening

Our Father, with the closing of the day we offer Thee our grateful love. If we have sinned, forgive us in Thy great mercy. May Thy Spirit dwell in our hearts. May these tokens of Thy favor strengthen us for every duty of life. May Thy peace come with the shadows of the night. For Jesus' sake.—Amen.

Rev. Charles Atwood Campbell

We thank Thee for this place in which to dwell; for the love that unites us; for the peace accorded to us this day, for the hope with which we expect the morrow; for the health, the work, the food, and the bright skies that make our lives delightful; to our friends in all parts of the earth . . . . Give us courage, and gaiety and the quiet mind. Spare to us our friends, soften to us our enemies. Bless us, if may be, in all our innocent endeavors. If may not, give us strength to encounter that which is to come, that we be brave in peril, constant in tribulation, temperate in wrath, and in all changes of fortune and down to the gates of death loyal and loving one to another.

R. L. Stevenson

BREADS, CEREALS AND SANDWICHES

Man shall not live by bread alone.—Matthew iv, 4.

BREAD, No. 1

2 cups warm milk or water
2 tsp. salt
Sugar
1 tbsp. lard or butter
½ cake compressed yeast
Flour

Put the water or milk, salt, sugar and lard into a bowl. Dissolve the yeast in warm water, add the flour gradually, and mix with a spoon. When stiff enough to handle, turn it out on a floured board and knead until soft and elastic. Put it back into the bowl, cover tightly and let it rise in a warm place until double its bulk; then divide into loaves or shape into biscuit. Allow these to rise in the pan in which they are to be baked. Cover the bread and again allow it to double in bulk. Bake loaves about 1 hour in a hot oven. Biscuits require more heat than loaves of bread.

Mrs. Norman S. Essig

BREAD, No. 2 (Drexel Institute)

2 cups milk or water
1 tbsp. fat
1½ tsp. salt
1 tsp. or more sugar
½ cake yeast
Flour

Heat the milk or water, melt the butter in it, add the salt. While the milk is cooling, dissolve the yeast in ½ cup of lukewarm water, add it to the lukewarm milk, then add flour enough to make a batter. Beat until the flour is thoroughly mixed. Allow it to rise, then add more flour and knead on a floured board. Return to the pan and allow to stand until double its bulk. Place in loaves in a pan, and when raised bake it in a hot oven for 1 hour.

Mrs. Norman S. Essig

BREAD ROLLS

1 pt. scalded milk
1 tbsp. butter
1 tbsp. sugar
1 tsp. salt
¼ yeast cake if mixed at night
or
½ cake if mixed in morning
Flour

Pour the hot milk on the butter, salt and sugar. When lukewarm add the yeast which has been dissolved in warm water. Add 3 cups of flour to make a soft sponge, beat and put away to rise; when light add flour to make a stiff dough, and knead until smooth. Let it rise until double its former bulk. Knead again

and roll the dough ½ inch thick. Lift it from the board and let it shrink so that the rolls may be of uniform shape. Cut with a round or oval cutter. Place a bit of butter near the edge of the dough, then fold so that the edges are even. Press the roll on the straight side to prevent its separating as it rises. Place the rolls to rise, and when light bake in a hot oven. This dough may also be used for bread sticks. CONTRIBUTED

BREAD STICKS

1 cup milk (scalded)
¼ cup butter
1 tbsp. sugar
½ tsp. salt
¼ yeast cake
White of 1 egg
About 4 cups flour

Add the salt, butter and sugar to the hot milk, and when lukewarm add the yeast which has been dissolved in warm water. Add the beaten white of the egg and flour to make a stiff dough. Knead until smooth, and let it rise until double its former bulk. Knead again, then shape into sticks. Roll a small piece of dough into a ball, then into a stick, which should be a foot long and about the diameter of the little finger. Place in bread-stick pans or on iron sheets, and let the sticks rise until light. Bake in a moderate oven until brown. CONTRIBUTED

BROWN BREAD, No. 1

1 pt. sweet milk
1 cup molasses
3 cups Graham flour
1 cup raisins
2 tsp. soda
½ tsp. baking powder
1 tbsp. butter
1 tsp. salt

Bake in 3 one-pound baking powder cans for two hours in slow oven.

MRS. J. HOWARD PEW

BROWN BREAD, No. 2

1 qt. sour milk
1 qt. Indian meal
1 pt. Graham flour
1 cup molasses
2 tsp. soda mixed with molasses

Steam 4 hours.

MRS. HERBERT FOX

BROWN BREAD, No. 3

1 cup molasses
2 cups buttermilk or sour milk
1 tsp. soda, dissolved in sour milk
1 tsp. salt
2 cups Graham flour
1 cup corn meal

Mix thoroughly and beat. Grease pans well and steam for 3 hours.

Mrs. Ernest T. Trigg

WHOLE WHEAT OR GRAHAM FLOUR BREAD

Use whole wheat instead of white flour, or use one-half white and one-half whole wheat or Graham flour. A second method is to mix the bread very soft, not kneading it, and pour it into the pans in which it is to be baked, allowing it to rise in the pans. It should be baked in a more moderate heat than white bread.

Mrs. Norman S. Essig

BUNS

1 cup milk (scalded)
3 tbsp. sugar
1 egg
¼ tsp. salt
¼ yeast cake
2 cups flour

Make a sponge with the above ingredients. Beat it and when light add flour to make a stiff dough. Knead this and let it rise until double its former bulk, then add ¼ cup butter (softened), ½ cup currants, ¼ tsp. cinnamon or nutmeg. Let it rise again until light, then shape into small round cakes, and place them in muffin pans to rise. When light bake in a moderate oven. When the cakes have baked for 15 minutes glaze them with a mixture of milk and sugar (½ tbsp. sugar, ¼ cup milk) and repeat this every 5 minutes until they are done.

Mrs. Norman S. Essig

FRENCH ROLLS, No. 1

1 pt. milk
¼ lb. lard
1 yeast cake
1 tbsp. sugar
1 tsp. salt

Warm milk till lard melts. Mix all together and knead to a soft loaf. Let rise 2 hours. Cut out in circles, spread with butter, lap over. Let stand in pans till light and bake in quick oven.

Mrs. A. Reed McIntire

FRENCH ROLLS, No. 2

1 pt. sweet milk
2 tbsp. butter (or butter and lard mixed)
2 tbsp. sugar
1 tbsp. salt
½ yeast cake (dissolved in ⅔ cup of warm water)
3 eggs
Enough flour to make soft dough

Break the eggs in a large bowl. Beat very light. Add butter, mix well; scald two-thirds of your milk, then with the sugar and salt mix in enough flour (sifted) to make a sponge; mix all together and beat constantly so that the milk will not cook the eggs. When your sponge is smooth add the rest of the milk and the yeast and set into a warm place to lighten. When very light add enough flour to make your soft dough, kneading thoroughly and keeping the hands covered with butter all the time. Set to rise again. After this second rising mold into small round rolls that are placed well apart in a big baking pan. And when these have risen to the proper size bake in a very hot oven for 15 minutes. If these rolls are wanted for supper or for afternoon tea instead of for breakfast, they may be made in the early morning instead of over night.

Miss Violette T. Haines

NUT BREAD, No. 1

1 egg
1 cup sugar
1 cup milk
3 cups flour
2 tsp. baking powder
1 cup chopped English walnuts
Pinch of salt

Mix the above ingredients and let rise 20 minutes. Bake 1 hour. This makes one loaf.

Mrs. F. R. Savidge

NUT BREAD, No. 2

4 cups flour
1 cup sugar
1½ cups milk
1 egg
4 tsp. baking powder
1 tsp. salt
1 cup nuts, chopped

Let rise ½ hour. Bake 1¼ hours in moderate oven.

Mrs. F. Dinwiddie Walker

NUT BREAD, No. 3

2 cups flour
½ cup sugar
Salt
¾ cup English walnuts, chopped
3 tsp. baking powder
1 egg
1 cup sweet milk

Sift flour, sugar, salt and baking powder. Add eggs and milk; beat for 5 minutes; add walnut meats, let rise 20 minutes.

Mrs. George U. Rehfuss

NUT BREAD, No. 4

2½ cups flour
3 level tsp. baking powder
½ cup sugar
1 cup milk
2 eggs
1 large cup chopped English walnuts

Bake loaf 1 hour in moderate oven.

Mrs. C. H. Landenberger, Jr.

CREAM MUFFINS

1 pt. cream
2 eggs
3 cups sifted flour
2 tsp. baking powder
2 tsp. salt
1 tbsp. melted butter

Beat the yolks of the eggs and add them to the cream; add this gradually to the flour, beat well and let stand 15 minutes; then add the salt, melted butter, the whites of the eggs beaten to a stiff froth, and the baking powder. Mix well and bake in a quick oven 25 minutes.

Miss Marie A. Jones

QUICK MUFFINS

1 tbsp. butter (not heaping; too much butter spoils the taste)
2 cups milk
Whites of 4 eggs, beaten stiff
2 small cups flour (bread)
1 tsp. baking powder

Mix together all the ingredients save the eggs; then fold in the whites of eggs; do not stir. Make into thin dough; if too stiff, the muffins will not be so nice. Bake in rings filled not more than half full, on griddle, greased with beef drippings or fat salt pork.

Mrs. Edward Bok

CINNAMON ROLLS

Add to soft white bread dough, ¼ cup butter, 1 egg and ½ cup sugar. Roll out ¼ in. thick; spread with butter, cinnamon and brown sugar. Roll and cut like a jelly cake. Put in pans. When risen put butter, cinnamon and sugar on them and bake in a hot oven.

Mrs. Norman S. Essig

BEDFORD ROLLS

½ pt. milk
2 tbsp. lard
1 tsp. salt
1 tsp. sugar
½ yeast cake

Melt lard and milk together. Make a soft batter. Add yeast dissolved in warm water. In 5 hours this will be as light as a feather. Cut with cake tins; do not handle much. Put into greased pans, not touching each other. Bake 20 minutes in hot oven. This amount will make a dozen or more rolls.

Miss Violette T. Haines

BOSTON BROWN BREAD

1 pt. dry bread soaked in
1 cup milk
1 cup molasses
2 tsp. baking powder
1 cup corn meal
1 cup white flour
½ tsp. salt

Add 1 cup raisins if desired. Steam 5 hours.

Mrs. J. Clifford Jones

BROWN BREAD, No. 1

2 cups Graham flour
1 cup wheat flour
1 cup corn meal
1 cup molasses
1½ tsp. baking soda
1 tsp. salt
3 cups sour milk or buttermilk

Stir the soda with the milk. Steam 3½ hours.

Mrs. Pennington H. Way

BROWN BREAD, No. 2

1 egg
¼ cup brown sugar
½ cup New Orleans molasses
1 cup milk
2 tsp. baking powder
½ tsp. salt
2 cups bran flour
1 cup Graham flour
½ cup white flour

Mix in order given and bake in slow oven 1 hour. Take half recipe for muffins in gem pans for breakfast.

Miss Violette T. Haines

BROWN BREAD, No. 3

4 cups rye meal
2 cups corn meal
3 tsp. soda
1 tsp. salt
1 cup molasses
4 cups sour milk

Put into a tightly covered mold which has been greased. Cook over steam 6 hours, then dry in the oven for a few minutes. Serve hot, cutting the loaf across the mold. Oysters are nice served with brown bread.

Mrs. Norman S. Essig

TEA ROLLS

1 qt. flour
1 tsp. salt (a little more than level)
1 tsp. sugar
1 rounded tbsp. lard
¾ yeast cake
1 medium size potato

Work lard well through flour. Slice potato thin and more than cover with water. Boil until well done and let cool to a temperature a little warmer than lukewarm. Work potato through a sieve into flour; add yeast which has been softened in warm water and enough of the potato water to make a dough soft enough to just escape clinging to hands. Knead thoroughly (about 20 minutes). Grease dough and make a hole in top with finger. Put a cloth over vessel and a top and put to rise in a warm place not later than 10 A. M. in winter. If it does not seem to rise, set vessel in water hot enough to bear hand in. Work out at 3 P. M.

Miss Irene C. Eisenbrey

BISCUITS

3 cups flour
3½ tsp. baking powder
½ tsp. salt
1 egg
1 tsp. sugar
Milk

Beat up the egg, stir in the sugar and enough milk to wet flour. Melt a little butter and when you cut biscuits dredge the top before putting in oven. Bake about 10 or 15 minutes in a hot oven. Avoid much handling.

Mrs. Arthur L. Bunting

CINNAMON BUNS

2 cups scalded milk
1 yeast cake dissolved in ¼ cup lukewarm water
1 tsp. salt
Flour
3 tbsp. butter
3 tbsp. sugar

Add butter, sugar and salt to milk; when lukewarm add dissolved yeast cake and 3 cups flour. Beat thoroughly, cover, let rise until light (about 3 hours); cut down and add enough flour to knead (about 3 cups). Let rise again, toss on slightly floured board, knead as for bread and divide in two. Roll out thin (about ¼ inch); spread with melted butter, sprinkle generously with sugar, cinnamon, raisins (currants and bits of citron may be added); roll up in one long roll and cut into 1-inch pieces. Set in square cake pan that has been greased and has ½ cup brown sugar and ¼ cup water melted in the bottom. Let rise again until light and bake like bread—from 30 to 40 minutes. MRS. FLETCHER STITES

GOLDEN CREAM TOAST

Hard-boil 6 eggs. Chop whites and press yolks through a sieve. Make sauce, using 1 tablespoonful each of butter and flour added to a cupful of milk. When well thickened add chopped whites, season with salt and pepper. Spread this on toast, covering with the mashed yolks. MRS. PENROSE ROBINSON

POPOVERS, No. 1

1 cup milk
1 cup flour
2 eggs
½ tsp. salt

Bake half an hour or so in moderate oven, in small brown bowls half full. MISS ALICE L. VAN LENNEP

POPOVERS, No. 2

1 egg
Butter, size of a walnut
½ cup water
¼ tsp. salt
½ cup milk
1 cup flour

Beat eggs light together; put in the milk, add flour, water, salt and melted butter. Heat the gem pans, put half full of batter. Bake 20 to 30 minutes. MISS ALICE L. VAN LENNEP

BREAKFAST BISCUIT

2 cups flour
1½ tsp. baking powder
1 tbsp. butter
Pinch of salt
1 tsp. sugar
1 cup milk

Sift baking powder, sugar and salt with the flour. Work butter in very lightly, stir in milk, roll gently, cut into biscuits and bake in quick oven 15 minutes. Mrs. Norman S. Essig

SWISS BREAKFAST CAKE

1 egg
¾ cup sugar
1 cup milk
Salt
Butter, size of English walnut
2 tsp. baking powder
Flour

Use egg well beaten, add sugar, salt, and milk with butter, or ½ cup of cream in place of milk and butter; add baking powder and flour to make batter about like cake. After putting in pan, sprinkle ground cinnamon plentifully over the top, also a little sugar. Bake in a quick oven about 20 minutes. It comes out very light if right quantity of flour is added. Serve hot.

Mrs. Edward S. Crocker

HOMINY BREAKFAST CAKES

1 cup cold cooked hominy
¼ cup bread flour
½ tsp. salt
2 eggs
1 tbsp. melted butter
Milk

Mix the hominy with the flour and add enough milk to make a stiff batter. Add the beaten egg yolks, the melted butter, salt and lastly the stiffly beaten whites. Cook slowly on a hot greased griddle until golden brown. This makes enough to serve three.

Mrs. Charles S. Barnes

HUCKLEBERRY MUFFINS

1½ cups flour
1 scant half cup butter
½ cup sugar
2 eggs
1 cup huckleberries
2 tsp. baking powder

Cream butter and sugar, add eggs beaten together until light, then flour, reserving enough to flour berries, add baking powder. Fill greased gem pans and bake 15 minutes.

Mrs. Harold DeLancey Downs

POPOVERS

2 cups flour
½ tsp. salt
2 eggs
2 cups milk

Use iron gems or muffin rings; place in oven to heat; grease when hot. Beat hard with Dover egg-beater before putting in pans. Fill about one-half full. Put immediately in hot oven and bake 30 minutes. Lower heat during last half of baking. The secret of good popovers is in having hot pans and oven.

Helen M. Wright

BRIGHTON ROLLS

4 eggs
1 pt. milk
¾ lb. flour
A little salt

Beat eggs for one minute, add milk, flour, salt and stir well. The mixture will have consistency of a batter. Pour in well-greased roll molds, fill one-third full and bake for 20 minutes.

Mrs. Godfrey N. Degerberg

BAKING POWDER BISCUITS

2 cups flour
4 tsp. baking powder
2 tbsp. lard or Crisco
¾ cup milk
½ tsp. salt

Mix dry ingredients and sift, work lard in, add milk. Toss on board and roll out three times, cut with biscuit cutter, bake in quick oven on greased tin, about 12 minutes.

Mrs. J. Leslie Davis

GRAHAM GEMS

1 cup milk
1 egg
1 tbsp. sugar
1 tbsp. butter
1½ cups Graham flour (or use one-half white)
1½ tsp. baking powder

Bake in gem pans in a hot oven.

N. M. Johnson
Through Mrs. Edward E. Montgomery

CORN BREAD, No. 1

2 cups flour
1½ cups corn meal
½ cup sugar
½ tsp. salt
3 tsp. baking powder
1¾ cups milk
1 tbsp. butter and lard, melted

Bake 20 minutes in shallow pan.

Miss Mary W. Lovell

SPOON CORN BREAD, No. 2

1 pt. milk
¾ cup yellow corn meal
4 eggs
Salt

Scald milk, stir into it the yellow corn meal; continue stirring until it thickens. Remove from fire and add yolks of eggs; add beaten whites and salt. Bake 20 minutes.

Mrs. F. R. Savidge

CORN BREAD, No. 3

½ cup soft Virginia corn meal
2 eggs, beat in bowl
1 pt. milk
1 tsp. baking powder
Pinch of salt
Butter

Mix corn meal and baking powder in the milk, add salt. Put lump of butter in earthen bowl and get hot enough to melt. Put tablespoonful of melted butter on mixture and leave the rest of the butter in bowl. Bake ½ hour.

Mrs. Harold B. Beitler

CORN BREAD, No. 4

1 egg
1 tbsp. butter
½ cup sugar
1 cup sour milk
1 cup flour
1 cup corn meal
1 tsp. soda

Mix butter, sugar and egg, beat until light, add milk with soda dissolved in it, then the flour and corn meal. Bake in a hot oven about 20 minutes.

Miss Marian L. Haines

CORN MEAL CAKES

1 cup corn meal
2 eggs
2 cups milk
1½ cups flour
2 tbsp. butter
4 tsp. baking powder

Beat up eggs, add milk, stir into corn meal dissolved in 1½ cups of boiling water, add flour, butter and baking powder; after a few cakes have been made, add one or more teaspoons of baking powder.

Miss Dorothy H. Martin

CORN MEAL MUFFINS

½ cup corn meal
1½ level cups flour
4 level tsp. baking powder
⅓ cup sugar
½ level tsp. salt
1 egg and 1 yolk
⅔ cup milk
3 tbsp. melted shortening

Sift the dry ingredients together twice; beat the egg, add the milk and stir into the dry ingredients; continue to stir until thoroughly mixed; add the shortening and beat vigorously. Dispose in a hot, well-greased iron muffin pan. Bake about 25 minutes.

Mrs. G. U. Rehfuss

VIRGINIA SPOON CORN BREAD

2 cups Virginia corn meal
1 pt. milk
2 eggs
1 tsp. salt
1 rounded tbsp. shortening
1 light tsp. baking powder

Beat eggs light. Sift corn meal, salt and baking powder together. Add to this the eggs and milk alternately. Melt the shortening and add to it, then bake till done.

Miss Mary W. Lovell

BRAN MUFFINS

2 cups bran
1 cup flour
½ cup molasses
¼ cup sugar
1½ tsp. baking powder
½ tsp. soda
1 cup raisins
Milk to moisten

Bake 20 minutes.

Mrs. G. U. Rehfuss

BRAN MUFFINS

2 cups Kellogg's bran
⅔ cup flour
½ cup molasses
1 tsp. soda
½ tsp. salt

Bake 20 minutes in muffin pans.

Evelyn Merwin

GRAHAM MUFFINS

1 cup Graham flour
½ tsp. salt
¾ cup white flour
2 tsp. baking powder
2 tsp. sugar
1 egg
1 cup milk

Mix ingredients together. Beat up the egg, and add to cup of milk and stir into dry mixture. Bake well in hot oven 25 minutes.

Miss Mary W. Lovell

GRAHAM PUFFS

1½ cups Graham flour
1 cup white flour
3 eggs not beaten
2 tsp. sugar
1 tsp. salt
3 cups milk

Bake in hot iron muffin pans ½ hour.

Mrs. F. R. Savidge

POTATO PANCAKES

8 large raw potatoes
3 eggs
1 tsp. baking powder
1 tsp. sugar
Pinch of salt

Grate the potatoes and mix the ingredients with enough flour to bake.

Evelyn Merwin

WAFFLES, No. 1

1 pt. flour
2 tsp. baking powder
½ tsp. salt
2 tbsp. butter
3 eggs
1½ cups milk

Mix in the order given, and bake at once. If the batter is too stiff, more milk may be used.

Contributed

WAFFLES, No. 2

1 cup melted butter
1 tbsp. sugar
¼ tsp. salt
Yolks of 6 eggs (mix well)
Milk
Flour

Alternate qt. milk and 3 cups flour, fold in carefully 6 whites of eggs—*dry*.

Mrs. G. A. Van Lennep

WAFFLES, No. 3

3 eggs
3 cups flour
1 tbsp. melted butter
1 qt. rich milk
1 tsp. salt
2 heaping tsp. baking powder

Beat eggs separately, mix salt in yolks, stir most of flour and part of the milk. Beat well until it bubbles, then add butter, then baking powder in the rest of the flour and the rest of the milk, and last the whites of the eggs.

Mrs. Norman S. Essig

SWEET-MILK GRIDDLE CAKES

1 cup flour
2 tsp. baking powder
¼ tsp. salt
1 scant cup milk
1 tsp. melted butter
1 egg (if desired)

Mix the dry materials and sift them. Beat the eggs and add the milk and melted butter; pour the liquid mixture slowly into the dry mixture, stir it to make a smooth batter, then beat it well. Cook it by spoonfuls on a hot greased griddle or frying pan, using just enough fat to keep cakes from sticking to pan. As soon as the cakes are full of bubbles, turn them quickly (with a broad knife or griddle-cake turner) and cook the other side. Never turn them twice. Miss M. A. Leas

SOUR-MILK GRIDDLE CAKES

1 cup flour
½ tsp. baking soda
¼ tsp. salt
1 cup thick sour milk
1 egg

Mix according to recipe for sweet-milk griddle cakes.

Miss M. A. Leas

BUCKWHEAT GRIDDLE CAKES

1 level cup buckwheat flour
3 level tsp. baking powder
½ level tsp. salt (scant)
1 level tbsp. sugar
¼ cup milk
1 cup water

Sift the dry ingredients together twice; add all the liquid at once; stir until thoroughly mixed; then bake at once on a hot, well-oiled griddle. Miss Violette T. Haines

PAN CAKES

Crusts, breadcrumbs, etc.
Sour milk
2 eggs
Soda
Salt
Flour

Take the crusts, crumbs and pieces of bread left on the table and in the bread box. Soak in water till soft, press through a colander; cover with sour milk (or if sour milk is not handy, use sweet milk and baking powder, leaving out salt). Add beaten eggs and ½ teaspoon soda and salt to a quart. Stir in flour till rather thicker than buckwheat cake batter and bake slowly on a hot griddle. Make each cake a trifle smaller than a dinner plate and cover each cake with plenty of butter and sugar until you have six or eight layers and then slice it like pie when serving.

Mrs. Norman S. Essig

WHEATLET OR WHEATENA (Drexel Institute)

6 cups boiling water
1 tsp. salt
1 cup meal

Put the water and salt into a kettle; pour in the meal, stirring to prevent burning. Cook 15 minutes. It is ready to serve, but is not injured by being kept ½ hour over boiling water. Rolled wheat needs 2 hours' cooking over steam. Contributed

FRIED MUSH

To a cup or two of hominy or cream of wheat add bits of cooked sausage, diced ham or bacon (left-overs), heat together, pour into baking powder cans; when cold turn out and cut in thick slices, dip in flour and fry. Fresh corn meal mush instead of cereals may be used. Miss Dorothy Martin

CORN MEAL MUSH (Drexel Institute)

1 cup corn meal
½ tbsp. flour
½ tsp. salt
1 cup cold water
1 pt. boiling water

Mix the dry ingredients, add the cold water. Stir this mixture gradually into the boiling water. Cook for 10 minutes, stirring constantly. Place it over boiling water and cook from 45 minutes

to 1½ hours, or until the meal does not taste raw. Turn into a wet bread pan, and when cool cut into ½-inch slices. Dip the slices in flour and brown in a deep hot fat. A slice of fat salt pork may be used. MRS. NORMAN S. ESSIG

BAKED GRITS (Spoon Bread)

1 cup grits — **2 heaping tbsp. butter**
1 egg — **2 tbsp. sweet milk**
Salt to taste

Cover the grits with water and cook until well done (partly dry). Use Quaker Hominy Grits. Beat the egg and add grits and salt; add melted butter and milk. Bake in buttered dish 20 minutes and serve at once. To be eaten at once.

"MONA ST. CLAIR, the best cook in Dixie"

IRISH OATMEAL (Drexel Institute)

1 cup meal — **4 cups boiling water**
1 tsp. salt

Cook 15 minutes, stirring constantly, and then 3 hours over boiling water or all night, quietly cooking. CONTRIBUTED

AVENA (Drexel Institute)

1 cup meal — **3 cups boiling water**
1 tsp. salt

Cook 10 minutes, stirring constantly, and cook over boiling water at least 45 minutes longer. A better flavor is developed by an hour's cooking. CONTRIBUTED

TOAST

Cut stale bread into slices ¼ inch thick. Put it on a toaster or fork. Move it gently over the heat until dry, then allow it to become a delicate brown by placing it nearer the heat. Trim off crusts. MRS. NORMAN S. ESSIG

CREAM OR MILK TOAST (Drexel Institute)

2 cups milk or cream — **1 tbsp. flour**
2 tbsp. butter — **1 tsp. salt**

Pour this sauce over slices of dry or moist toast. Moist toast is prepared by quickly dipping dry toast into hot salted water. The sauce is prepared as the milk sauce for vegetables.

CONTRIBUTED

CINNAMON TOAST

Cut the bread in slices and butter well, cover each slice with brown sugar and sprinkle lightly with cinnamon and last with nuts, either almonds or pecans, chopped fine. Lay the slices on a flat pan, have the oven hot and the bread will toast in four to five minutes. MRS. JAMES F. MAGEE, JR.

CREAM TOMATO TOAST

3 tbsp. flour
2 tbsp. sugar
3 tbsp. butter
¼ tsp. soda
½ tsp. salt
1½ cups stewed tomatoes
½ cup milk, scalded (cream is better)

Rub flour and butter together, add tomatoes, sugar, salt and then the scalded cream or milk. Pour over buttered toast and serve at once. MRS. G. U. REHFUSS

TOASTED CRACKERS AND CHEESE

Split crackers and brown in the oven. Prepare grated cheese, seasoned with salt and pepper. Cover each half-cracker with the mixture and return to the oven. When the cheese has melted they are ready to serve. MRS. NORMAN S. ESSIG

BACON MUFFINS

3 cups flour
2 tsp. baking powder
¼ cup melted butter
1 cup cold water
½ cup chopped fried bacon

MRS. J. CLIFFORD JONES

CHEESE STRAWS

1 cup flour
1 cup grated cheese
1 large tbsp. butter
A little salt
Pinch of cayenne pepper

Mix same as pie crust with cold water. Roll thinner than for pie crust, cut in narrow strips and bake. MRS. H. S. THORN

GERMAN TOAST

1 egg
¼ tsp. salt
1 cup milk
6 or 8 slices stale bread

Beat the egg lightly, add salt and milk. Soak the bread in this until soft. Have a griddle hot and well buttered. Brown the bread on one side, place a small piece of butter on the top of each slice, and turn and brown it on the other side. This toast is eaten hot, with butter, and also with cinnamon and sugar, or a sauce.

Miss M. A. Leas

SANDWICH APPETIZER

¼ lb. Roquefort cheese
1 cake cream cheese
Little mustard
Little salt
Little vinegar to taste
Little catsup
Little Worcestershire sauce
Little cider

Mix Roquefort with a little vinegar and mustard and salt, then add cream cheese, catsup, Worcestershire sauce and cider stirring all together. Spread on rounds of toast with a narrow slice of tomato across the sandwich.

Mrs. Harold DeLancey Downs

HOT CHEESE SANDWICHES

1 roll snappy cheese
1 egg
1 tbsp. Worcestershire sauce
¼ tsp. salt
¼ tsp. mustard
Bacon
Rounds of bread

Cream cheese, add egg and seasoning. Spread on bread cut ½ inch thick. Place slice of bacon on each round, bake in quick oven till bacon is done. Mrs. F. R. Savidge

CRACKER SANDWICH

Mix together 1 small jar of McClaren's cheese and 2 tbsp. of mayonnaise. Put 1 green pepper through a vegetable grinder and add it to the cheese. Mrs. Harold B. Beitler

CRACKER SANDWICH

Roquefort cheese with enough butter rubbed in to spread, a few drops of Worcestershire sauce and a little prepared mustard. Sprinkle paprika on top. Mrs. Harold B. Beitler

CROUTONS

Cut bread (stale or fresh) into ½-inch cubes, brown in hot oven, stirring frequently. If you wish, add butter sufficient for quantity of cubes. CONTRIBUTED

CRISP CRACKERS

Split and butter thick crackers and brown in hot oven. Nice with soup. MRS. NORMAN S. ESSIG

CANAPÉS

Cut bread into pieces 2 inches thick. Cut either round or 3½ inches long by 2½ inches wide. Remove part of the bread from center, spread lightly with softened butter and brown in the oven. MRS. NORMAN S. ESSIG

BUTTER BALLS

Sixteen balls of ¼ ounce each may be made from ¼ pound of butter. Put the pieces in iced water for a few minutes. Scald the paddles, then chill in iced water and roll each piece of butter between paddles until round. If butter sticks to paddles, rub them with salt, scald again and chill. CONTRIBUTED

HORS-D'ŒUVRES

"*We remember . . . the cucumbers, and the leeks, and the onions, and the garlick.*"—Numbers xi, 5.

HORS-D'ŒUVRES

The habit of eating hors-d'œuvres—the little delicacies, mostly piquant and appetite encouraging—at the beginning of the meal comes to us from France.

In France luncheon is always begun with these trifles. Their variety is endless, from the ordinary sardine or shrimp to all sorts of little salads, like celery and beetroot chopped fine and mixed with oil and vinegar, or the famous "salade russe," which is a mixture of cooked vegetables chopped fine and covered with a mayonnaise sauce.

But hors-d'œuvres must be fresh—that is the great secret.

The French housewife uses bits from previous meals, which, of course, is quite proper, provided they are mixed and prepared just before the meal and not left to stand.

In Italy they make a specialty of pickling mushrooms and artichokes for hors-d'œuvres, and they do up anchovies and other small fish in exceedingly tart sauces.

All over the Balkans you find ample varieties of hors-d'œuvres, and in Russia the "zakouskis," as they are called, used to be very elaborate. In fact, the farther you go east the more piquant these dishes seem to become.

JELLIED MACEDOINE IN TOMATOES (HORS-D'ŒUVRE)

(Boston Cook Book)

Select rather small tomatoes, somewhat firm and with smooth exterior. Cut out a small piece around the stem end, peel with care and take out the seeds. Mix together two or three truffles, cut in tiny cubes, one-fourth a cup, each, of cooked peas, green and yellow string beans, cut fine, asparagus tips, bits of celery, carrot or whatever vegetable is at hand. To these add an equal measure of aspic jelly and mayonnaise dressing and stir over ice-water until beginning to set, then use to fill the tomatoes. Make smooth on the top and set aside on the ice for half an hour or longer. When ready to serve cut each tomato (with a knife dipped in hot water) in quarters. Serve on heart leaves of lettuce. Pass small sandwiches at the same time.

MRS. HAROLD DEL. DOWNS

CAVIAR

The best known hors-d'œuvre, perhaps, is served in many and bewildering ways, but the dainty lettuce and caviar sandwich (with a sprinkling of onion or a dash of lemon juice) leaves nothing to be desired. One will, of course, remember that the dish of olives, radishes and celery is a very necessary associate with whatever hors-d'œuvre or hors-d'œuvres may be served.

Miss Violette T. Haines

ICED CAVIAR

To prepare the caviar, remove it from the can and put it on ice till well chilled, then put it in a small dish set in a larger one full of scraped ice, and put it on a tray with a plate of thin toast and one of finely minced Bermuda onions.

Mrs. Norman S. Essig

ASSORTED HORS-D'ŒUVRES

Delicious antipasto comes already prepared, in glass, which may be used for a course. A six or eight compartment glass hors-d'œuvre dish may be used, each compartment lined with small lettuce leaves. Place sardines in one dish with quartered lemon. In another, fine stalks of celery stuffed with Roquefort cheese. In another, halved, cold hard-boiled eggs stuffed with caviar. Ripe olives may fill another, and artichokes and cèpes in oil may make another variety, while there are all sorts of smoked and pickled fishes in oil from Italy and Scandinavia for sale at all purveyors', any of which may be used. Very small tomatoes, peeled, quartered, and marinated in French dressing with sliced cucumbers, also form another, and combinations are of infinite variety. Serve with sandwiches of Graham and white bread and butter cut in fancy shapes. Mrs. Norman S. Essig

ANTIPASTO, ITALIAN STYLE

Arrange crisp white lettuce leaves on a platter and decorate with fillets of anchovies, slices of sweet red peppers, cut in fancy shapes, and very thinly sliced green peppers and small tomatoes, peeled and cut in quarters, all tossed together first in French dress-

ing. Take the contents of two jars of Italian antipasto and arrange in the center and serve with Melba toast as a first course.

Miss Dorothy Martin

ANTIPASTO

This Italian preparation happily named ("preceding the meal") is a glorious hors-d'œuvre to awaken a jaded appetite. This should be served on lettuce hearts, and here the conventional French dressing is a very real addition.

Mrs. G. U. Rehfuss

POLLY'S CANAPÉS

Make some small round canapés of wheat bread, toast, butter, spread with a layer of cream cheese, and cover this with a layer of olive butter. Decorate with red and green peppers cut in fancy shapes.

Miss Martha A. McDowell

RED CABBAGE AND CREAM CHEESE

Shredded red cabbage served with balls of cream cheese not too liberally covered with mayonnaise gives to the taste the same pleasure with which it charms the vision.

Mrs. G. U. Rehfuss

STUFFED CELERY

White, crisp, scraped stalks stuffed with Ancre or Roquefort cheese. Garnish with radishes cut to resemble rosebuds.

Mrs. P. H. Way

ANCHOVIES IN OIL

The indescribable flavor of anchovies blended with olive oil, served on hearts of lettuce, makes an ideal hors-d'œuvre. (Some epicures add a bit of French dressing.)

Mrs. G. U. Rehfuss

MACKEREL IN WINE SAUCE

Connoisseurs differ upon the method of serving. Some insist upon its service with French dressing on lettuce, others claim the

dressing is impossible with the delicate flavor of the wine sauce, and still others insist that it be served on toast points with oil and paprika. However it is served it will be found most appetizing.

Miss Dorothy Martin

DIABOLO

is another assortment of carefully selected items for the delectation of one's palate. Usually served in a manner similar to antipasto, on lettuce hearts with French dressing.

Contributed

PATÉ DE FOIE GRAS

A few of the smallest leaves of a lettuce heart, a small mound of foie gras and a bit of mayonnaise.

Mrs. Norman S. Essig

SOUP

Pour out the broth.—Judges vi, 20.

CLEAR SOUP (Drexel Institute)

4 lbs. meat and bone
2 qts. cold water
1 large onion
½ small carrot
½ turnip
6 cloves
10 peppercorns
Bunch of herbs
1 tbsp. salt
Whites of eggs
Soy or caramel

Cut the meat into small pieces, soak in cold water. Cook 6 hours, allowing it to bubble gently; then add the vegetables, finely chopped, the seasoning and the soy. Cook 1 hour longer. Strain and cool. When ready to use it, remove the cake of fat. To 1 quart stock add white of 1 egg, ¼ lb. meat chopped fine; mix these ingredients. Heat slowly, stirring all the time until hot. Keep hot for 18 minutes, not stirring, then strain. Several pieces of lemon rind may be added to the cold stock if desired. If the soup has not enough taste of meat, add some of Armour's extract.

CONTRIBUTED

BEEF BROTH (Drexel Institute)

1 lb. lean beef
1 pt. cold water

Scrape or cut the beef very fine and put into the cold water. Allow it to soak for 1 hour. Cook over hot water, stirring to prevent the meat in the lower part of the kettle from hardening too rapidly. When the temperature is 154° F., remove the broth and strain through a coarse sieve. Salt may be added before serving. If the kettle is surrounded by water, it cooks more evenly. A wire rest in the bottom of the pan may be used to hold the kettle.

CONTRIBUTED

BEEF JUICE

Take a slice of the round of beef and heat it a few seconds over a clear fire to start the juices. Cut the meat into small pieces and squeeze all the juice out, using a lemon squeezer or meat press. This is strong beef juice and is given cold to invalids.

MRS. NORMAN S. ESSIG

BEEF STOCK OR BOUILLON

1 lb. beef, or 2 lbs. meat and bone
2 qts. or 1 qt. or 1 pt. cold water

Put the trimmings and bones of fresh meat, also bones and pieces from roasts and broils, cut into small pieces, into a soup pot. Soak 1 hour in cold water. Cook at a low temperature for several hours. Vegetables may be added during the last hour, also seasonings. Strain through a cloth placed in a sieve. The cake of fat on the top must be removed before it is used. This is economical, as the fat is a good foundation for gravies and soups. No smoked or charred pieces of meat or bone should be used.

Mrs. Norman S. Essig

BOUILLON

1 shin of veal (have bones cracked)
2 lbs. round steak (cut in little dice)

Put all in a pot of cold water (about 5 qts. for this quantity of meat) and set it on the back of range and slowly bring to a boil. Let it boil slowly for 4 or 5 hours. Then strain through a fine sieve, and set away to cool, so that the fat can be removed easily. After removing fat, add 1 red onion, 1 egg, 2 or 3 stalks of celery; put all together over a very hot fire and let it come to a boil, removing the scum as it rises. Set it back on the range and let it cool slowly until the flavor of the vegetables is all through the bouillon, continuing to remove the scum. One hour is long enough for this. Then strain it through a fine sieve and a piece of cheesecloth; it is then ready for use either hot or cold.

Miss Irene C. Eisenbrey

CHICKEN BROTH IN CUPS

3-lb. chicken
2 slices carrot
½ tbsp. peppercorns
1 sliced onion
1 bay leaf
2 stalks celery
Salt and pepper to taste
1 tbsp. beef extract

Boil the fowl in 2 qts. of cold water with carrot, peppercorns, onion, bay leaf, celery, salt and pepper, and beef extract. Bring quickly to boiling point, then let simmer until the meat is

tender. Remove the meat and strain stock. Chill, remove the fat, reheat and see that it is properly seasoned. Serve in cups.

MRS. NORMAN S. ESSIG

JELLIED CHICKEN BROTH

When the broth is taken from the fire, clear with the shell and white of 1 egg to each quart of stock, placing on the fire and letting come to a boil for 2 minutes, stirring all the time, then setting back for 20 minutes to simmer. Remove scum and strain through double thicknesses of cheesecloth placed over a fine strainer. Cool, then put in the ice-box to chill, and it should jelly without the addition of gelatine, if the broth is very strong. Serve in cups.

MRS. NORMAN S. ESSIG

CLAM BROTH IN CUPS

Wash and scrub with a stiff brush ½ peck of clams, changing the water several times. Put in a kettle with 3 cups of cold water and cover very tightly, and steam until the shells are well opened. Strain through cheesecloth and serve in cups, very hot, with a spoonful of salted whipped cream on each cup.

The Epicure, Boston

MUTTON BROTH

2 lbs. neck of mutton
1 qt. cold water

(Weak broth, 2 qts. cold water)
1 slice onion may be used

Cleanse the meat with a damp cloth. Remove the skin and fat. Cut the meat into small pieces. Break or separate the bones. Place in a stew-pan and add the cold water. Let them stand 1 hour if possible. If the onion is used, it may be added at the end of the hour. Heat gradually to 170° F., and keep it at that temperature 2 hours. Strain through a coarse sieve, that the reddish-brown particles of albuminous matter may not be lost. To make a delicate broth the mutton must be fresh.

CONTRIBUTED

MOCK TURTLE SOUP

1 calf's head
4 qts. cold water
1 tbsp. salt
6 cloves
6 peppercorns
6 allspice
½-inch stick cinnamon
1 tbsp. sweet herbs
2 onions
1 carrot
1 turnip
Celery root
4 tbsp. butter
½ cup flour
1 pt. brown stock
½ lemon

Wash, scrape and clean the head, and soak it an hour in cold water. Remove the brains and tongue. Lay them in cold water in a separate dish. Cut the head in several pieces and place in a kettle with the skin side up to prevent sticking. Add 4 qts. of cold water. Heat slowly; when it boils, skim carefully. Cook slowly for 2 hours, or until the meat comes easily from the bone. Add the salt at the end of 1 hour. Remove the meat. When cold, cut in ½-inch dice. Put the bones on to boil again. Add the spices, herbs and vegetables and boil slowly until reduced to 2 qts. Strain and set away to cool. Half an hour before serving, remove the fat and put the stock on to boil. Add more seasoning, if desired. Make a brown sauce with the butter, flour and brown stock. Add this to the head stock. Add 1 cup of meat cut in dice. Use the remainder of the meat for force-meat balls. Slice the lemon and put it in the tureen with the force-meat; add the hot soup. The tongue may be cooked and used, if desired.

Mrs. Norman S. Essig

RICH BROWN SOUP

6 lbs. lean beef
4 doz. cloves
1 tsp. salt, pepper, mace and grated nutmeg
½ doz. onions
5 qts. water
6 wineglasses claret or port

Cut beef from the bone, stick it over with the cloves, season with the salt, pepper, mace and nutmeg. Slice the onions, fry them in butter, chop and spread them over the meat. Put in pot, cover with the water and stew slowly 5 or 6 hours. When meat is dissolved into shreds, strain and return liquid to pot. Add claret or port. Simmer again slowly about ½ hour. When soup is reduced to 3 qts. it is done.

Mrs. A. Reed McIntire

TOMATO SOUP, No. 1

1 can tomatoes
1 onion
1 pt. milk
2 tbsp. flour
2 tbsp. butter
1 tsp. sugar
Salt to taste

Add onion to tomatoes. Cook for 15 minutes. Strain. Put milk into a double boiler, add flour and butter, and dissolve. Just before serving mix it with the tomato, adding salt and sugar.

Miss Elisabeth Warren Green

TOMATO SOUP, No. 2

1 cup strained tomatoes
1 pt. chicken stock
1 tbsp. instantaneous tapioca
1 cup scalded milk
Salt and pepper

Add tapioca to chicken stock while cold, then cook stock and tomatoes for ½ hour. Just before serving add scalded milk. Add seasoning last.

Mrs. Jonathan Jenks

TOMATO SOUP, No. 3

1 can tomatoes
½ cup water
4 cloves
1 tsp. salt
2 tbsp. butter
3 tbsp. flour
1 slice onion

Cook tomatoes, water, cloves and onion 20 minutes. Strain, bind with butter and flour rubbed together and strain into tureen or plates.

Mrs. Jonathan Jenks

MOCK TOMATO BISQUE

2 cups milk
2 or 3 small slices onion
2 buds of clove
4 tsp. flour
1 cup canned tomatoes
1 tsp. sugar
½ tsp. baking soda
1 tbsp. butter
1 tsp. salt
Pepper to taste

Put milk, onion and cloves in boiler and scald. While scalding, mix flour smooth with cold water. Put the flour in the scalded milk and place on stove to cook for ten minutes, stirring constantly. Keep lid off boiler. While milk is cooking, put tomatoes on to

heat. When heated, add sugar and soda, remove from stove before adding soda; add this gradually to the thickened milk, then add butter in small bits and salt and pepper. Put on stove for few minutes. (This quantity of soup will serve four persons.)

Mrs. Godfrey N. Degerberg

CLEAR TOMATO SOUP

1 qt. can tomatoes
3 cups water
1 onion
6 cloves
6 peppercorns
1 bay leaf
2 tsp. sugar
1 tsp. salt

Boil 20 minutes. Strain and add white of egg and shell broken fine, and return to stove, stirring constantly until boiling point. Then cook hard 10 minutes, remove to back of stove to simmer for 20 minutes. Strain through double cheesecloth.

Mrs. Harold DeLancey Downs

BLACK BEAN SOUP

3 cups black beans
1 slice lemon
1 slice hard-boiled egg

Soak the beans over night, and then cook all the following day. Mash through a colander, and then through a fine strainer. Add lemon and hard-boiled egg.

Miss Elisabeth Warren Green

RICE BISQUE SOUP

½ cup rice
1 qt. boiling water
1 qt. milk
½ cup finely chopped celery
1 bay leaf
1 small onion
3 tbsp. butter

Wash rice and put it into the boiling water, boil rapidly for 10 minutes, then drain and put it into a double boiler with milk, celery and bay leaf. Cover and cook slowly 30 minutes.

While this is cooking cut a small onion into thin slices, put it with 2 tbsp. of butter into a small frying pan, cook slowly until onion is tender (not brown); add this to the mixture in the double

boiler and press the whole through a coarse sieve, return to boiler, add 1 tbsp. of butter and serve hot.

Mrs. H. M. Langdon

POTATO SOUP

2 cups hot riced or mashed potatoes
1 qt. milk
2 slices onion
3 tbsp. butter
2 tbsp. flour
1½ tsp. salt
Celery salt
Pepper
Cayenne
1 tsp. chopped parsley

Scald the milk with the onion; remove the onion; add the milk slowly to the potatoes. Melt the butter; add to it the dry ingredients; stir the mixture until it is well blended. Add this to the liquid mixture, stirring it constantly, and boil the soup for 1 minute. Strain it if necessary, add the parsley, and serve it. Water saved from cooking celery is a good addition to potato soup.

This recipe may be followed for onion, corn, carrot, pea, bean or celery soup. Mrs. Harold DeL. Downs

CREAM OF POTATO SOUP, No. 1

3 potatoes
2 cups milk or white stock
Yolks of 2 eggs
½ cup cream
Salt and pepper

Cook the potatoes in boiling salted water until soft. Drain and mash them and add the stock or milk. Fress the mixture through a sieve, add the beaten yolks, the cream and seasoning. Cook in a double boiler until the egg thickens, then serve immediately, as the soup curdles if allowed to stand.

Mrs. Norman S. Essig

CREAM OF POTATO SOUP, No. 2

1 cup left-over mashed potatoes
3 cups milk
1 tbsp. butter
1 slice onion
Salt and pepper
1 tbsp. flour

Heat milk and onion together, but do not boil, pour over cold mashed potatoes and press through a strainer, melt butter, stir in flour but do not brown, and add milk mixture slowly, stirring constantly until thickened. Add seasoning and a little grated cheese on each plate of soup. Miss Marie A. Jones

POTATO SOUP

3 potatoes
1 pt. milk, or 1 cup milk and 1 cup water
1 tsp. chopped onion
1½ tsp. salt
⅛ tsp. white pepper
½ tbsp. flour
½ tbsp. butter

Wash, pare and cook the potatoes (without salt) until very soft. Cook the milk and onion in a double boiler. When the potatoes are cooked and drained, mash them with a wire potato-masher, add the hot milk, and rub through a strainer. Return to the double boiler; add salt and pepper; melt the butter in a saucepan; add the flour and enough of the mixture of the milk and potato to pour it into the boiler. Cook 5 minutes. Add more seasoning, if needed, and 1 tsp. finely chopped parsley; serve very hot with croutons.

Miss M. A. Leas

SPINACH OR ASPARAGUS SOUP

1 cup cream or rich milk
1 tbsp. flour
1 tbsp. butter
2 cups water (asparagus or spinach has been boiled in)
Salt and pepper

Mix butter and flour together. Add slowly the asparagus or spinach water and boil. Add cream and season.

Miss Marie A. Jones

CREAM OF MUSHROOM SOUP

½ lb. mushrooms
4 cups soup stock
1 slice onion
¼ cup butter
¼ cup flour
1 cup cream
Salt
Pepper

Chop mushrooms finely (which have been peeled and cleaned), add to soup stock with onion. Reheat, bind with butter and flour cooked together, then add cream and salt and pepper to taste.

Mrs. J. Howard Pew

MUSHROOM SOUP

1 pt. cream
1 pt. milk
2 tbsp. flour
2 tbsp. butter
Pepper and salt
1 doz. fresh mushrooms (1 pt. if canned)

Add the milk to the cream, let come to a boil, thicken with flour and butter which have been stirred until smooth, season with pepper and salt, add mushrooms which have been chopped not too fine. This will serve eight persons.

Mrs. H. M. Langdon

MUSHROOM SOUP

Peelings, stems, etc., of 1 lb. mushrooms
1 pt. water
2 tbsp. butter
2 tbsp. flour
1 cup chicken stock

Boil mushroom peelings, stems, etc., in the water; add a few mushrooms cut up. Season to taste. Cook butter and flour together a few minutes, stirring all the time. Add to the cooked butter and flour the strained mushroom liquor, then add 1 cup of chicken stock and cook for a few minutes. Serve with whipped cream on top. One cup of whipped cream may be used in place of chicken stock.

Mrs. Jonathan Jenks

CORN BISQUE

1 pt. water
1 can corn
1 pt. milk
Pepper, salt, parsley
1 tbsp. butter
1 tbsp. flour

Pour water on corn, boil 20 minutes slowly; strain, put liquor back on stove, add milk; season with pepper, salt and a little parsley; rub butter and flour together with a little hot milk, stir into the soup.

Mrs. L. H. Richards

CREAM OF CHICKEN SOUP

Break up the chicken left from previous day, add bits of skin and barley, cover with cold water, cook slowly on back of stove for an hour or more, then drain off liquor, add an equal amount of milk and thicken with flour and butter rubbed together. A little cooked rice improves the soup.

Mrs. Godfrey N. Degerberg

BISQUE OF OYSTERS

1 qt. oysters
1 qt. liquid (liquor or water)
3 tbsp. butter (browned)
3½ tbsp. flour
Salt, paprika and celery salt to taste
1 cup cream

Clean, pick over, chop and parboil oysters, strain and add to the liquor enough water to make 1 qt. of liquid. Brown the butter, add flour and gradually pour in the oyster liquor, stirring constantly. Let simmer for one-half hour. Season with salt, paprika and celery salt, and just before serving add the cream.

MRS. GODFREY N. DEGERBERG

ONION SOUP

2 large onions
2 tbsp. butter
1 tbsp. flour
1 qt. scalded milk
Beaten yolks of 2 eggs, or
1 cup chicken stock
Salt to taste

Cook onions and butter in double boiler for 2 hours, then add flour and cook for another hour, then add the scalded milk. Just before serving add the beaten egg yolks. Salt is put in last to avoid curdling.

MRS. JONATHAN JENKS

GREEN PEA SOUP (Drexel Institute)

1 qt. or 1 can green peas
1 qt. water
1 tbsp. butter
1 tbsp. flour
½ tsp. salt
$\frac{1}{16}$ tsp. pepper
½ tsp. sugar
1 pt. milk or cream

Cook the peas in 1 pt. of the boiling water until soft. Mash them in the water in which they were boiled and rub through a strainer, gradually adding the remainder of the water. Put them where they will keep hot. Melt the butter, add the seasoning, sugar and flour. Add gradually the mixture of water and peas, then milk or cream to make the soup of the right consistency. If the pods are fresh, more water may be used, and some of them may be cooked with the peas.

CONTRIBUTED

CREAM OF ASPARAGUS SOUP

1 qt. white stock or milk
15 stalks asparagus
1 tbsp. butter
1 tbsp. flour
½ cup cream
Salt and pepper

Cook the asparagus in the stock or milk, saving the heads and cooking them separately to serve in the soup. When soft press

the asparagus and milk through a sieve. Heat the butter and add the flour and seasoning, then gradually add the milk and asparagus mixture. Add the cream and beat with an egg-beater. Place the cooked tips of asparagus in a tureen and pour the soup over them.

CONTRIBUTED

CREAM OF SPINACH SOUP

1 cup spinach
1 pt. hot white sauce
2 cups white broth
Salt and pepper

Press cooked and chopped spinach through a sieve; add hot white sauce, white broth and salt and pepper as needed; strain and serve. MRS. NORMAN S. ESSIG

CLAM SOUP

1 tbsp. butter
2 tbsp. flour
1 qt. milk
Celery salt
Cayenne
1 cup minced clams

Rub butter and flour to a cream, melt in a saucepan over fire and add milk slowly, stirring constantly; when it thickens add celery salt, cayenne and minced clams with their juice; let it boil up once and serve very hot.

MRS. NORMAN S. ESSIG

NOODLES

2 eggs
Flour

Beat the eggs until light, then add as much flour as they will absorb. Knead the dough until smooth, then divide it into two parts and roll each portion very thin. When partially dry cut into 3-in. strips. Place several of these pieces together and cut very fine, shake the pieces apart and when dry place in a closely covered jar. Noodles will keep for several weeks. They may be used in the same way as macaroni. CONTRIBUTED

NOODLE PUFFS

In making noodles, if the paste is rolled thin and then doubled, small circles may be cut out, which, when dropped into hot fat, will make little brown balloons which are exceedingly good in clear soup. MRS. NORMAN S. ESSIG

RICE BALLS

1 cup cold boiled rice
1 egg
1 tbsp. flour
¼ tsp. salt
Dash of cayenne

Mix rice with egg, slightly beaten, flour, salt and cayenne. Form into very small balls and drop into hot soup.

MRS. NORMAN S. ESSIG

CANDY CARAMEL

Melt 1 cup of granulated or brown sugar with 1 tbsp. water. Stir steadily over the fire until it becomes a deep brown in color. Add 1 cup boiling water. Cook a few minutes longer. Bottle and keep tightly corked. It may be used to color gravies, soups, sauces and custards. The boiling water must be added gradually.

MRS. NORMAN S. ESSIG

FISH, OYSTERS, LOBSTER, TERRAPIN AND CRABS

Jesus . . . taketh bread, and giveth them, and fish likewise.—John xxi, 13.

BROILED FISH

To broil small fish, also all thin fish, split them down the back, remove head and tail; the backbone is also sometimes removed.

Large fish are cut in slices for steaks. Dry fish need butter rubbed over them before broiling. Oily fish need only salt and pepper. Grease the broiler with fat. Cook the flesh side first. The time for broiling depends upon the thickness of the fish. If cooked, the flesh separates easily from the bone.

Slices of any white fish may be placed in melted butter for ½ hour before cooking; then seasoned, rolled in flour, and broiled about 12 minutes. MRS. NORMAN S. ESSIG

FISH COOKED IN FAT

Large fish may be skinned, boned and cut in slices. Small fish may be cooked whole. Season them with salt and pepper and cover with Indian meal, flour or crumbs and egg. One-half Indian meal and ½ flour may be used. Cook in deep hot fat or in a small amount of hot salt pork fat. Drain on paper. A wire basket is used to cook in deep fat. CONTRIBUTED

BAKED FISH

Rub the fish with salt, fill it with stuffing and sew the edges together. Cut gashes on each side across the fish and put strips of salt pork into them. Grease the fish sheet and place the fish on it; put the sheet into a baking pan with pieces of pork fat. Baste it often. It is cooked when the fish separates from the bone. Serve with sauce. CONTRIBUTED

STUFFING FOR FISH

1 cup cracker or bread-crumbs
¼ tsp. salt
⅛ tsp. white pepper
Cayenne
1 tsp. onion juice
1 tsp. chopped parsley
1 tsp. capers or pickles
¼ cup melted butter

Moisten with cold water, butter or an egg if a moist stuffing is desired. MRS. NORMAN S. ESSIG

FISH COOKED IN WATER

Boiling salted water must be used; 1 tbsp. vinegar may be added to the water. Place the fish in a wire basket or sew it in a muslin bag. Put it into the boiling water, which will harden the albumen, then push the kettle to the back of the range and cook it at a lower temperature. It is cooked when it flakes or separates from the bone.

CONTRIBUTED

SCALLOPED FISH

½ cup crumbs for bottom of dish
2 cups fish
1½ cups sauce
1 cup crumbs
1 tbsp. butter for the top

Take any white fish, chop or shred it, season with salt, and cover with milk sauce. Sprinkle crumbs (stale bread) over a shallow baking-dish; add the fish and sauce, and cover the top with crumbs which have been added to the melted butter.

MRS. NORMAN S. ESSIG

HALIBUT

One slice of halibut 2 inches thick, weighing about 2 lbs. Rub with garlic and cover the slice with ½ cup of butter broken in small pieces. Cook 15 minutes, basting twice. Then cover top with 1 lb. fresh mushrooms broken in half. Add 1 cup cream; cook 25 minutes or longer, basting 3 times. Thicken sauce in pan and pour over fish.

CONTRIBUTED

BROILED HALIBUT, MAÎTRE D'HÔTEL

Broil as many fillets of halibut as there are people, first rubbing them over with olive oil and dusting with salt and pepper, and arrange on a hot platter garnished with cress. Make maître d'hôtel sauce by creaming 4 tbsp. of butter and mixing thoroughly with 2 tbsp. of lemon juice and 1 tbsp. of minced parsley, salt and pepper to taste and a dash of cayenne. Spread this over the fillets just before sending them to the table.

The Epicure, Boston

DEVILED HALIBUT

Mince a pound of cold boiled or baked halibut, or the fragments of halibut steak, and make for it the following dressing:

Yolks of 3 hard-boiled eggs
1 tbsp. salad oil
2 tsp. white sugar
1 tsp. made mustard
Pinch of cayenne
1 tsp. salt
1 tsp. Worcestershire sauce
A little anchovy paste
1 small teacup of vinegar in which celery seed have been steeped

Rub the yolks of the hard-boiled eggs smooth with the back of a silver spoon, or in a Wedgewood mortar, and when there remain no lumps work into a soft paste with the salad oil. Next beat in the white sugar, mustard, cayenne, salt, Worcestershire sauce, a little anchovy paste if you wish, and finally, a little at a time to prevent lumping, the vinegar. (It is easy to keep a bottle of this on hand for salads and sauces.) Stir all thoroughly into the minced fish, garnish with a chain of the whites of the eggs cut into rings, with a small round slice of pickled beet laid within each link, and you have a piquant and pretty salad for the supper-table.

Miss Alice L. Van Lennep

PARSLEY BUTTER

3 tbsp. butter
1 tbsp. lemon juice
1 tbsp. chopped parsley
½ tsp. salt
⅛ tsp. pepper

Beat these ingredients into the butter and it is ready for use. To be used on fried or broiled fish and potato balls.

Mrs. Norman S. Essig

FRIED HALIBUT WITH CREOLE SAUCE

From ½-pound pieces divide into fillets. Wipe with damp cloth. Prepare and cook as cod fillets.

CREOLE SAUCE

½ cup stewed tomatoes
2 onions, finely chopped
2 green peppers
½ cup water

Contributed

BAKED SHAD

Clean, wash and wipe the fish. Make a stuffing of grated bread crumbs, butter, salt, pepper and sweet herbs. After stuffing

lay it in the baking-pan, with a cupful of water to keep it from burning, and bake an hour, basting with butter and water, until it is tender throughout and well browned. Take it up, put in a hot dish and cover tightly, while you boil up the gravy with a tbsp. of catsup, a tbsp. of flour which has been wet with cold water and the juice of a lemon. Garnish with sliced lemon and water-cresses. You may pour the gravy around the fish, or serve in a sauce-boat.

Miss Violette T. Haines

SOUTHERN FRIED SHAD

Clean, wash and wipe a fine roe-shad; split and cut each side into four pieces. Sprinkle with salt and pepper, and dredge with flour. Have ready a frying-pan of boiling hot lard or drippings; put in the fish and fry brown, turning at the end of 5 minutes to cook the other side. Fry the roe in the same way; lay the fish in the middle of the dish and the roe outside of it; garnish with water-cresses and sprigs of pickled cauliflower, and eat with catsup or plain dressing of butter, melted, pepper and salt, or parsley butter, whichever desired. Mrs. Joseph T. Richards

BOILED SHAD (Fresh)

Clean, wash and wipe the fish. A roe-shad is best for this purpose. Cleanse the roes thoroughly, and having sprinkled both with salt, wrap in separate cloths and put into a fish-kettle, side by side. Cover with salted water and boil ½ to ¾ hour, in proportion to the size. Experience is the best rule as to the time. When you have once cooked fish to a turn, note the weight and time, and you will be at no loss thereafter. A good rule is to make a penciled memorandum in the margin of the recipe-book opposite certain recipes.

Serve the shad upon a hot dish, with a boat of drawn butter mingled with chopped eggs and parsley, or egg sauce. Lay the roes about the body of the fish. Garnish with capers and slices of hard-boiled eggs. Contributed

BROILED SALT SHAD

Soak over night in lukewarm water. Take out in the morning and transfer to ice-cold water for half an hour. Wipe very dry, and broil as you do fresh shad. Contributed

BOILED SALT SHAD

Soak the fish 6 or 7 hours in warm water, changing it several times; wipe off all the salt and immerse in ice-cold water. When it has lain in this an hour, put into a fish-kettle with enough fresh water to cover it and boil from 15 to 20 minutes, in proportion to the size. Serve in a hot dish, with a large lump of butter spread over the fish. CONTRIBUTED

BROILED FRESH SHAD

Wash, wipe and split the fish. Sprinkle with salt and pepper, and lay it upon a buttered gridiron, inside downward. When the lower side is browned, turn the fish. One of medium size will be done in about 20 minutes. Serve on a hot dish, and lay a good piece of butter upon the fish.

MRS. JOSEPH T. RICHARDS

BROILED MACKEREL (Fresh)

Clean the mackerel, wash and wipe dry. Split it open, so that when laid flat the backbone will be in the middle. Sprinkle lightly with salt and lay on a buttered gridiron over a clear fire, with the inside downward, until it begins to brown; then turn the other. When quite done lay on a hot dish and butter it plentifully. Turn another hot dish over the lower one and let it stand two or three minutes before sending to table. CONTRIBUTED

FRIED PERCH AND OTHER PAN FISH

Clean, wash and dry the fish. Lay them in a large flat dish, salt and dredge with flour. Have ready a frying-pan of hot dripping, lard or butter; put in as many fish as the pan will hold without crowding, and fry to a light brown. Serve hot in a chafing-dish.

The many varieties of pan fish—porgies, flounders, river bass, weak-fish, white-fish, etc., may be cooked in like manner.

MRS. NORMAN S. ESSIG

RHODE ISLAND CODFISH CAKES

Boneless codfish
Boiled potatoes
1 tbsp. butter
1 egg

Mash twice as much potato as you have codfish (1 cup of boneless fish to 2 cups potatoes); will require 1 tbsp. butter added to hot potatoes. Beat the egg well before adding and then beat all thoroughly before dropping into deep hot fat. If old-fashioned codfish is used, soak over night, pull to pieces and boil with potatoes in morning and proceed as above.

Mrs. Harold B. Beitler

CODFISH CAKES, No. 1

1 cup codfish (cooked)
2 potatoes
1 tbsp. butter
1 egg
½ cup cream
Little red pepper

Cut potatoes fine, boil, drain and mash, then add butter. Beat the egg till light; add to fish and potato. To this add ½ to 1 cup cream according to consistency. Drop from spoon into boiling lard.

Mrs. Aubrey J. Dando

CODFISH CAKES, No. 2

1½ cups picked fish
3 cups mashed potatoes
Yolks of 3 eggs

Beat whites of eggs to a stiff froth and add minced parsley (if you like it). Season highly. Drop by spoonfuls into boiling lard, very hot.

Mrs. James A. Campbell

SAUCE FOR FISH

1 pt. boiling water
⅓ or ½ cup butter
2 tbsp. flour
½ tsp. salt
1 tbsp. lemon juice or vinegar
Cayenne

Prepare in the same way as white sauce. Hard-boiled eggs may be chopped or sliced and added to the sauce.

Mrs. James A. Campbell

LEFT-OVER FISH

Prepare white sauce as follows:

2 tbsp. butter
2 tbsp. flour
¼ tsp. salt
⅛ tsp. white pepper
2 cups milk

Add about a cup of cold left-over fish such as halibut, trout, whitefish, pickerel, etc. Put in buttered baking-dish, sprinkle top with bread crumbs and brown in oven.

Miss Marie A. Jones

SALMON LOAF

½ cup cream
1 cup salmon
1 cup soft bread crumbs (picked up)
½ cup milk
Salt, pepper
Whites of 5 eggs, beaten stiff

Boil bread crumbs and milk; into this put salmon and then remove from stove. Add the beaten whites of eggs, butter cups and sprinkle with hard bread crumbs, fill with paste and bake 20 minutes in pan of hot water.

Miss Marie A. Jones

SAUCE FOR SALMON

1 cup milk heated to boiling
1 tbsp. cornstarch
1 tbsp. butter
Oil from the can of salmon
3 or 4 tbsp. catsup
Salt and pepper

COLD FISH FOR LUNCHEON

Cold cooked halibut steak is very nice served for luncheon with a garnish of tartar sauce served in lemon shells. Save the ends of lemons and dip the edges in chopped parsley and fill with tartar sauce.

Contributed

TARTAR SAUCE

Add to oil mayonnaise dressing, chopped capers, olives, pickles and parsley.

Miss Marie A. Jones

SOLE FLORENTINE

While sole will probably not be available, flounder is the best substitute this country affords. Cook a flounder of medium size in fish stock to which a piece of butter has been added. Have ready some shredded spinach which has been cooked tender and warmed in melted butter; place this in the bottom of a baking-dish and arrange the fish upon it. Cover it with Mornay sauce, sprinkle over a little grated cheese, remembering that equal parts of Gruyere and Parmesan mixed give best results, and set it in a hot oven to glaze and brown the cheese. Mornay sauce is made from 1 pt. of béchamel sauce combined with ¼ pt. of fish stock or court bouillon; cook briskly to reduce one-quarter and add 2 oz. of grated Gruyere and 2 oz. of grated Parmesan, and after adding 2 oz. of butter stir until the cheese is melted.

The Epicure, Boston

BROILED SPANISH MACKEREL, FLORIDA

Select a good-sized Spanish mackerel. Clean, split, rub over with melted butter, dust with salt and pepper and broil under a clear flame or over the coals until nicely done, and brown. Cut a basket from a round-shaped lemon for each person to be served, remove the pulp and fill with cucumber salad and have a boat of maître d'hôtel butter to pass with the fish. The cucumber salad should be made from cucumbers with the large seeds removed, cut in very tiny cubes, and a slice of red pepper, also minced very fine, and tossed together in some mayonnaise colored green, also known as "sauce verte." Serve the lemon baskets around the fish on the platter, putting on at the last moment, that the hot dish may not warm the lemon baskets. *The Epicure*, Boston

OYSTER COCKTAIL

6 oysters
1 tbsp. tomato catsup
½ tbsp. lemon juice
½ tsp. Worcestershire sauce
1 tsp. finely chopped celery
2 drops tabasco
Salt to taste

Mix, chill and serve in glasses or cases made of green peppers on crushed ice. Mrs. Norman S. Essig

FRIED OYSTERS

Select large oysters, put them into a colander and pour cold water over them to wash them, or cleanse by wiping with a cloth. Remove carefully small pieces of shell. Season with salt and pepper. Roll in fine bread crumbs (which have been dried and sifted), then in beaten egg, and again in crumbs. The beaten egg may have water or the juice of the oysters added to it, 1 tbsp. water to each egg. When the fat is at the right temperature, put several oysters in and cook until browned. Drain on paper. Garnish with parsley and pieces of lemon.

Mrs. Charles G. Hodge

OYSTER STEW

1 cup milk
1 pt., or 30 oysters
Salt and pepper
½ tbsp. butter

Scald the milk. Cook and strain the oyster juice, then add the oysters and cook until the edges curl. Add the seasoning, butter and hot milk. Serve at once.

Mrs. Norman S. Essig

FRICASSEED OYSTERS

1 tbsp. butter
⅛ tsp. white pepper
1 tsp. salt
Cayenne
1 pt., or 30 oysters

Place all the ingredients except the oysters in a chafing-dish or covered saucepan. When hot add the oysters, cover and shake the pan occasionally. When the oysters are plump drain them and place them where they will be kept hot. Add enough cream to the liquid in the pan to make 1 cup.

Miss Violette T. Haines

SCALLOPED OYSTERS

The oysters are prepared by wiping them, or pouring cold water over them in a colander. The juice may be strained through a cloth. The oysters are in layers, with seasoned crumbs between

each layer. The oysters, if used in shells, are cut with a silver knife into small pieces.

30 oysters, or 1 pt. — **2 cups crumbs**
3 tbsp. butter — **Salt and pepper**
Oyster juice or milk

Prepare the melted butter and crumbs. Place half of them in layers between the oysters and reserve the other half for the top of the dish. Add oyster juice or milk if desired. Cayenne is a good seasoning used with the black pepper.

Miss Mabel A. Leas

OYSTER PIE (Very Old Recipe)

Make a rich puff paste; roll out twice as thick as for a fruit pie for the top crust—about the ordinary thickness for the lower. Line a pudding dish with the thinner, and fill with crusts of dry bread or light crackers. Butter the edges of the dish, that you may be able to lift the upper crust without breaking. Cover the empty pie with the thick crust, ornamented heavily at the edge, that it may lie the more quietly, to bake. Cook the oysters as for a stew, only beating into them at the last 2 eggs, and thickening with a spoonful of fine cracker-crumbs. They should stew but 5 minutes; time them so that the paste will be baked just in season to receive them. Lift the top crust, pour in the smoking hot oysters and send in hot.

I know that many consider it unnecessary to prepare the oysters and crust separately; but my experience and observation go to prove that if this precaution be omitted, the oysters are apt to be wofully overdone. Mrs. Norman S. Essig

STEAMED OYSTERS

If you have no steamer, improvise one with the help of a colander and a pot-lid fitting closely into it, at a little distance from the top. Wash some shell oysters and lay them in such a position in the bottom of the colander that the liquor will not escape from them when the shell opens (that is, with the upper shell down). Cover with a cloth thrown over the top of the colander, and press the lid hard down upon this to exclude the air. Set

over a pot of boiling water so deep that the colander, which should fit into the mouth, does not touch the water. Boil hard for 20 minutes, then make an examination of the oysters. If they are open, you are safe in removing the cover. Serve on the half-shell, or upon a hot chafing-dish. Sprinkle a little salt over them and a few bits of butter; but be quick in whatever you do, for the glory of the steamed oyster is to be eaten hot.

Mrs. Norman S. Essig

BAKED OYSTERS

12 large oysters
2 lbs. butter
¼ gill cream
1 tbsp. anchovy essence
1 little grated lemon rind
1 tbsp. grated Parmesan cheese
Salt, pepper, grate of nutmeg and few bread crumbs

Put the butter in a saucepan, add the cream, stir till hot, add the anchovy essence and lemon rind. Pour half of this mixture into a buttered pudding-dish and lay the oysters on it. Sprinkle over the cheese and bread crumbs. Pour over the remainder of the sauce, season and sprinkle over more bread crumbs and bake in hot oven until nice and brown. Serve in same dish.

Mrs. A. Reed McIntire

STUFFED TOMATOES WITH OYSTERS

12 ripe and round tomatoes
2 doz. oysters without shells
3 or 4 medium dry onions
6 bulbs garlic, peeled and pressed
1 bunch parsley
5 or 6 finely crushed crackers
Salt and pepper to taste

Cut the tops of the tomatoes in such a way as to leave them partly attached to the whole ones, in order to act as lids; then, after digging out the inside of each tomato with the aid of either a spoon or a sharp knife, fill lightly with the stuffing made of the ingredients listed above and prepared in the following manner:

Cut the oysters into halves, thirds or quarters, adding the finely chopped onions, the juice of the garlic, the finely cut parsley and the well-crushed crackers. Season to taste and mix well.

The stuffed tomatoes should then be arranged in a suitable pan, side by side, and after covering the whole with a little more crushed crackers, bake in a moderately hot oven until well cooked. Serve hot.

Mrs. Gustave A. Van Lennep

OYSTER BROTH IN CUPS

The oyster broth is made with 1 qt. of hot milk and ½ pt. of oysters in their liquor, exactly as for oyster stew, or in this proportion if a large quantity is required. It is seasoned with celery salt, butter and black pepper, strained, and served in cups with or without whipped cream, and small oyster crackers passed with it.

Mrs. Norman S. Essig

CLAM AND OYSTER JUICE

Cut clams or oysters into several pieces, and heat for a few minutes in their juice. Strain through muslin and serve hot. Great care must be taken in straining that sand does not pass through the muslin. If the juice is too strong, water may be added. This broth may be frozen for those who cannot take it hot.

Mrs. Norman S. Essig

CLAM FRITTERS

1 cup flour
1 tsp. salt
1 tsp. baking powder
1 egg
½ cup milk
1 tsp. butter (melted)
1 cup chopped clams

Sift the dry ingredients together. Beat the eggs and add the milk to it. Add this mixture to the dry ingredients, then add the melted butter and the clams. Drop by tablespoonfuls into hot fat and cook until the batter is done and the fritters are brown.

Miss Mabel A. Leas

CLAM BROTH

(Clams in shell)

6 large clams
1 cup water

Scrub the clams thoroughly and place them in a saucepan with water. Cook until the shells open, then strain the broht through muslin. Serve hot.

Mrs. Norman S. Essig

CLAM PURÉE

1 pt. boiled clams
1 pt. hot milk
1 tbsp. flour
1½ tbsp. butter
Salt and pepper

Remove the dark substance from the soft part of the clams and chop the hard part very fine. Melt the butter, add the salt and pepper and the milk gradually. Add the clams, and when hot strain and serve. Mrs. F. M. Mitchell

CLAM CHOWDER

½ lb. salt pork
6 ripe tomatoes or 1½ qts. canned tomatoes
2 onions
6 potatoes (ordinary size)
60 clams (chopped)
Cayenne pepper

Cut salt pork into cubes about ½ inch square. Chop onions fine. Place pork and onions into a frying-pan and brown together. Peel and chop ripe tomatoes. Put pork and onions with the tomatoes in the soup-pot. Add 1 pt. of water to the above. Let this cook a while. Peel and cut potatoes into small cubes, add to the above when potatoes are well cooked. Add chopped clams and juice, straining juice 3 times. Season with cayenne pepper to suit taste and allow the chowder to cook slowly and well. Serve with pilot crackers. Mrs. K. S. Leuders

CLAM PURÉE

30 clams
1 qt. milk
½ cup cream
1 tbsp. flour
1 tbsp. butter
1 tsp. salt
Dash of paprika

Wash clams through colander and heat in saucepan. Mix flour and butter, then the cream, and stir into the milk already heated in double boiler. Stir the dressing into the hot clams, but do not cook the clams. This will serve 6 people.

Mrs. Harold DeLancey Downs

LOBSTERS

Lobsters should be put into boiling salted water and cooked for 20 minutes; 3 tbsp. salt may be used with 4 qts. boiling water.

Mrs. Norman S. Essig

CLAMS AND LOBSTER IN SHELLS

Have three small, cold, boiled lobsters. Remove the meat from the shells and retain the shells for use later. Chop the lobster

coarsely, and add to the meat half the quantity of chopped clams. Sprinkle with minced parsley and season with melted butter to taste, sprinkle with salt and pepper, and fill some of the deepest clam shells and the empty lobster shells with the mixture, sprinkle over thickly with buttered bread crumbs, and brown in a hot oven.

The Epicure, Boston

COLD CHICKEN LOBSTER WITH MAYONNAISE

Remove the lobster meat from the shells and garnish with the small claws and tails. It is best served in the shell, being put back in the shell after trimming the latter and removing tail and claws, and serving on a very large platter in a bed of cress, garnished with quartered lemons. Pass mayonnaise in a sauce-boat separately.

The Epicure, Boston

LOBSTER CROQUETTES

2 cups lobster meat
½ tsp. salt
¼ tsp. mustard
1 tsp. lemon juice
1 cup thick white sauce
Dash of cayenne pepper
Bread crumbs
1 egg

Add to chopped lobster meat the salt, mustard and cayenne pepper. Add white sauce and cool. Shape in round croquettes, dip in crumbs, then in beaten egg, and again in crumbs, and fry in deep fat. Serve with tomato cream sauce made this way:

½ can tomatoes
Bay leaf
Thyme
Celery
Onion
Salt and pepper
¼ tsp. soda
1 cup white sauce

Cook tomatoes for 20 minutes with a bit of bay leaf, a sprig of thyme, a stalk of celery and a slice of onion. Rub through a strainer, add salt and pepper to taste, and then white sauce. Stir thoroughly together and serve with the croquettes. This is also good with baked halibut or other white fish.

The Epicure, Boston

LOBSTER À LA NEWBURG (Delmonico's)

2 lobsters (freshly boiled)
½ pt. rich cream
1 cup milk
1 tbsp. cornstarch
1 tbsp. butter
Pinch of salt
Pinch of pepper
Yolks of 3 eggs
2 wineglasses cider

Split 2 freshly boiled lobsters, pick and cut into 1-inch pieces. Place in saucepan with butter, salt and red pepper. Cook 5 minutes. Add cider. Boil 3 minutes. Beat yolks of eggs very light, add to them milk and cream. Put the whole in another saucepan and heat very hot. Dissolve cornstarch in cold water and add the lobster mixture to cornstarch. Stir 1 minute longer, then turn in chafing-dish and serve on hot plates.

Mrs. Norman S. Essig

TERRAPIN

Preparation for Stewing

Place the terrapin in cold water for 10 minutes, then in boiling water. Boil for 10 minutes, then put into fresh boiling water with 1 tbsp. salt, and cook slowly until the legs are tender and the claws can be removed. Take the terrapin from the water, remove the claws and the under shell. When cool remove the body from the upper shell. Remove the legs, skin them, and break them into small pieces. Remove the gall carefully, also the hard intestines. The gall will be found imbedded in one of the lobes of the liver and must not be broken. Break the meat in small pieces. Put the eggs and liver in a dish by themselves. If there are no eggs, or only a few, the yolks of 3 hen's eggs, which have been cooked hard, may be substituted.

Contributed

STEWED TERRAPIN

1 terrapin
½ cup cream
4 tbsp. butter
1 tbsp. flour
½ tsp. salt
⅛ tsp. white pepper
Cayenne
⅙ cup cider

Stew all of the tough meat for 10 minutes in some of the water in which the terrapin was cooked. Heat 1 tbsp. of the butter in a saucepan or chafing-dish. When hot add the flour. Add the

terrapin and seasoning. Cook until the first tablespoon of butter is nearly absorbed, then add the remainder of the butter. When again hot, add the cream slowly. Stir constantly. Taste the mixture at this point and add more seasoning if needed. Add the cider and cook until hot. If preferred, the eggs may be mashed and mixed with the second tablespoon of butter before adding it to the terrapin. If the terrapin is small, the full measure of cream and cider will not be required.

Mrs. Charles G. Hodge

DEVILED CRABS, No. 1

6 crabs
2 tbsp. butter
2 tbsp. flour
½ tsp. salt
Cayenne
1¼ cups cream
¼ tsp. Worcestershire sauce

BUTTERED CRUMBS FOR CRABS

3 tbsp. butter
¼ tsp. salt
Pepper
2 cups bread crumbs

Cook the crabs in boiling salted water for 30 minutes. Place in cold water for 5 minutes. Remove the claws and the apron found on the under shell. Remove the shells. The stomach should be left under the head. Remove the gills and intestines. Break the body in half and remove the meat from the bones. Make a sauce of the above ingredients, season highly and add the crab meat to this. If the mixture is too stiff, add milk or cream to make it the right consistency. Wash and scrub the upper shell and fill it with the mixture. Cover with buttered crumbs and bake 20 minutes, or until brown. If desired, 1 tbsp. chopped parsley and the yolks of 2 hard-boiled eggs may be added to the crab mixture.

Mrs. Norman S. Essig

DEVILED CRABS, No. 2

1 pt. crab meat, or 1 doz. crabs
½ pt. milk
1 heaping tbsp. flour
Butter size of an egg
1 small carrot
1 tbsp. parsley, cut fine
1 onion, grated
Salt and cayenne to taste
Nearly a whole nutmeg
1 tbsp. mustard

Boil crabs ¾ hour. Boil the milk. Rub together flour, butter and mustard, mix with the boiling milk, let boil and stir until thick. Mix all together very well. This will make nine well-filled shells. They are better fried than baked.

Miss Marian L. Haines

CRAB RAVIGOTE, No. 1

1 pt. crab meat
2 large fresh ripe tomatoes
1 large green pepper
1 red pepper
1 tsp. chopped parsley

Chop tomatoes and peppers fine (removing seeds from peppers). Mix all together with mayonnaise enough to have wet and moist; season. Fill crab shells or eggs with mixture and garnish top with 2 anchovies and a small piece of cut pickle and lemon.

Mrs. A. Reed McIntire

CRAB FLAKES RAVIGOTE, No. 2

The desired quantity of crab flakes are marinated in sauce Ravigote, which is made from oil and vinegar in the proportion of 1 tbsp. of vinegar to 3 of oil, salt, pepper, 2 tbps. of small capers, some very finely minced onion and parsley mixed with half as much minced chervil, tarragon and chives, and thoroughly mixed. Drain and fill scallop shells with the crab flakes and mask with mayonnaise. Decorate with capers and tiny strips of red and green peppers, and serve as a first course with some tiny sandwiches of whole wheat bread.

Miss Marian L. Haines

ENTRÉES

Beside harts, . . . and fatted fowl.—I Kings iv, 23.

SWEETBREAD PATTIES

1 pair sweetbreads
2 tbsp. butter
2 tbsp. flour
¼ tsp. salt
White pepper
Cayenne
1 cup cream

Sweetbreads spoil very quickly. Remove from paper at once, soak in cold water 10 minutes and parboil 15 minutes. Add salt 5 minutes before they are done. Put them in cold water for 15 minutes, then remove the tough portions. Cut the sweetbreads into small pieces and chop the mushrooms fine. Make a white sauce of the butter, flour, seasoning and cream. Add the sweetbreads and the mushrooms and, when hot, serve in patty dishes or timbales. If desired, the mushrooms may be omitted and twice as many sweetbreads used. MRS. NORMAN S. ESSIG

METHOD OF PREPARING MUSHROOMS FOR COOKING

Scrape the stems, cut off the ends. Peel the caps of the mushrooms. Wash them in salted water to remove the insects from the gills. Soak a few minutes in fresh cold water.

MRS. NORMAN S. ESSIG

ENGLISH MONKEY

1 cup stale bread crumbs
1 cup milk
1 tbsp. butter
½ cup soft cheese
1 egg
½ tsp. salt
Cayenne

This is fine to make in a chafing-dish if one is nervous about making a rarebit, as this cannot go wrong.

Soak stale bread crumbs in milk for 15 minutes. Melt butter, add cheese cut in small pieces and stir until cheese is melted; then add bread crumbs and just before serving add egg slightly beaten, salt and a few grains of cayenne. Serve on crackers or toast.

MRS. MASON THOMSON

CHEESE FONDU

1 tbsp. butter
2 cups grated cheese
¾ tsp. mustard
1 cup milk
1 cup bread crumbs
Salt
Paprika
2 eggs

Melt butter, cheese and mustard; add milk and bread crumbs, and stir over boiling water. Add salt and paprika. Beat 2 eggs separately. Add yolks, cook until hot, fold in whites. Serve on crackers. Nice for chafing dish. MRS. ARTHUR BUNTING

SCALLOPED CHEESE

1 cup dried bread crumbs
2 cups milk
3 eggs
½ lb. grated cheese
Pepper and salt
1 tbsp. butter

Soak bread crumbs in milk for ½ hour. Beat eggs light and stir in grated cheese, pepper and salt to taste, and butter cut into small pieces. Mix all thoroughly together. Butter a pudding-dish, pour mixture in, sprinkle top with bread crumbs and bake for 15 minutes in a hot oven. MRS. H. T. SIDDONS

CHEESE DREAMS

Between two slices of bread put a piece of cheese as for a sandwich. Cut off the crusts and butter the outside of each slice of bread. Fry in butter and when the sandwich is browned the cheese will have partially melted.

MRS. MASON THOMSON

CHEESE "DELUSIONS"

Cream cheese
¼ cup nut meats
½ tsp. salt and cayenne

Work a cream cheese until smooth, add finely chopped nut meats, salt and cayenne. Shape in balls the size of an English walnut, roll in finely chopped nut meats, flatten and place halves of English walnuts on opposite sides of each piece. Arrange on a doily-covered plate in a pyramid.

MRS. MARTHA AUSTIN MCDOWELL

CHEESE SOUFFLÉ, No. 1

2 tbsp. butter
3 tbsp. flour
¾ cup milk
1 cup grated cheese
3 eggs
½ tsp. salt
Pinch of cayenne

Put the butter into a saucepan, and when hot add the flour and stir until smooth. Add the milk and seasoning. Remove to the back of the stove and add the well-beaten yolks and cheese. Set away to cool. When cool add the whites of the eggs beaten to a stiff froth. Turn into a buttered dish and bake about 25 minutes. Serve the moment it comes from the oven.

Mrs. Charles S. Barnes

CHEESE SOUFFLÉ, No. 2

2 tbsp. butter
1½ tbsp. flour
½ cup milk
1 cup grated cheese
3 eggs
½ tsp. salt
Cayenne
Soda

Put the butter into a saucepan, and when hot add the flour and stir until smooth; add the milk and seasoning. Cook 2 minutes. Remove to the back of the stove and add the well-beaten yolks and the cheese. Set away to cool. When cold add the whites of the eggs beaten to a stiff froth. Turn into a buttered dish and bake for 20 or 25 minutes. Serve the moment it comes from the oven.

Mrs. Norman S. Essig

CHEESE SOUFFLÉ, No. 3

½ cup American cheese (grated)
2 tbsp. flour
¼ cup butter (scant)
½ pt. milk
½ doz. eggs
½ tsp. baking powder

Melt cheese and butter together. While hot, stir in flour, then milk. Cool. Then add baking powder. Beat eggs separately, stir all together and bake 20 minutes.

Mrs. Harold B. Beitler

CHEESE SOUFFLÉ, No. 4

2 eggs
1½ cups white sauce
¼ lb. grated cheese

To the beaten yolks of eggs add white sauce, middling thick, and cheese. Put the cheese into the warm white sauce, let cool, add stiffly beaten whites of eggs; fold them in lightly but do not beat again. Bake in a moderate oven 45 minutes. Serve at once.

Mrs. H. M. Langdon

TOMATO AND CHEESE TOAST

8 slices thin brown toast
1 tbsp. grated cheese
2 cups strained and seasoned tomatoes, not thickened
1 tsp. chopped parsley

Put the toast on platter that can be put in oven; pour over the hot tomato sauce and sprinkle with the cheese (cheese is a matter of taste); put into hot oven 10 minutes, or until the bread has absorbed the tomato and the top is crisp. Sprinkle with parsley.

Mrs. George Fetteroff

CHEESE DISH

4 slices bread
¼ lb. American cheese
1½ cups milk
Salt
Paprika
Baking soda

Butter well a pudding-dish, put in small, very thin slices of bread and butter to cover the bottom and thin slices of American cheese to cover this. Sprinkle with a generous pinch of salt, paprika and baking soda. Repeat this until dish is full. Pour on milk to barely cover and set in hot oven for ½ hour, when it will be brown and puffy. Serve at once. For 2 or 3 persons.

Mrs. F. Dinwiddie Walker

CHEESE CROQUETTES

3 tbsp. flour
⅓ cup milk
1 egg
½ cup Gruyere cheese
½ cup American cheese
Salt
Pepper
Cayenne
Bread crumbs

Wet flour, stir till smooth, add milk gradually. When this is boiling add the yolk of 1 egg unbeaten. When well mixed add grated cheese. Add salt, pepper and cayenne. Spread this in a shallow buttered pan, when cold turn it out on a board, cut and mold into shape. Dip in crumbs, then in beaten egg, then in crumbs again, fry in hot fat, drain on paper.

Mrs. A. Reed McIntire

CHEESE BALLS

1 cup grated cheese (dry)
10 drops Worcestershire sauce
Whites of 3 eggs
Cracker crumbs

Mix lightly the cheese, Worcestershire sauce and whites of eggs beaten stiff. Shape into small balls, roll in cracker crumbs and fry in deep fat until brown. Drain and serve hot.

CONTRIBUTED

RED DEVIL

Green peppers
1 tbsp. butter
½ cup milk
1 tsp. salt
2 cups chopped cheese
3 eggs
1 can Campbell's tomato soup

Fry green peppers well chopped in butter. Add milk, salt and cheese. Stir continually until cheese is melted. Add eggs well beaten. Add tomato soup. When hot, serve on hot buttered toast.

MRS. D. H. CANTRELL

CHEESE CROQUETTES

1 cup grated cheese
6 drops Worcestershire sauce
Whites of 2 eggs beaten to a stiff froth
A slight shake of red pepper

Beat the cheese into the whites with a fork. Add the Worcestershire sauce and pepper and pour into the shape of a butter ball. Have a little shake of cracker dust in the hand while forming. Fry 3 minutes in boiling fat; serve at once.

MISS M. W. LOVELL

CHEESE PUDDING

1 pt. milk
2 eggs
1 pt. bread crumbs
1½ cups grated cheese
½ tsp. salt
Soda

Put the milk in a buttered baking-dish, add the beaten eggs, the crumbs, salt and soda which have been mixed. Bake in moderate heat until browned on top.

MRS. NORMAN S. ESSIG

ESCALLOPED CHEESE

1 cup bread crumbs soaked in milk
2 eggs
1 tbsp. butter
½ lb. grated cheese

To bread crumbs soaked in milk add well-beaten eggs, butter and grated cheese. Strew bread crumbs on the top and bake in the oven a delicate brown. This is an excellent dish for supper with thin slices of bread and butter.

Mrs. Aubrey J. Dando

WELSH RAREBIT, No. 1

¼ lb. grated cheese
¼ cup cream or milk
½ or 1 tsp. mustard
½ tsp. salt
Cayenne
1 egg
1 tsp. butter
Dry toast
Soda (just a tip)

Put the cheese and milk or cream into a double boiler. Mix the mustard, salt and cayenne. Add the egg and beat well. When the cheese is melted, stir in the mixture of dry ingredients and egg, then the butter, and cook until it thickens. Stir it constantly and pour it over toast.

Mrs. Norman S. Essig

WELSH RAREBIT, No. 2

1 tbsp. butter
1 tsp. cornstarch
½ cup thin cream
½ lb. soft mild cheese
¼ tsp. salt
½ tsp. mustard
Cayenne

Melt butter, add cornstarch and stir until well mixed; then add thin cream and cook 2 minutes. Add cheese cut in small pieces, salt, mustard and a few grains of cayenne. Stir until cheese has melted and mixture is of a creamy consistency. Serve on toast.

Mrs. Mason Thomson

CHEESE RICE

2 cups cold boiled rice
½ scant cup hot milk
½ cup grated cheese
A few shreds of pimento

Heat rice and milk thoroughly over water, sprinkle lightly over it grated cheese and pimento. Cover lightly and let stand over the hot water until cheese is melted. This is acceptable for Sunday night tea.

Miss Marie A. Jones

POTATOES WITH CHEESE

Dice cold potatoes and season well with salt, pepper and melted butter. In a buttered baking-dish arrange alternate layers of potatoes, grated cheese and white sauce and bake.

WHITE SAUCE

2 tbsp. butter
2 tbsp. flour
1 cup milk
Salt and pepper

Miss Marie A. Jones

ENTRÉE OF APPLES AND PORK

Cut sour apples (pippins) into slices without skinning them; fry or sauté them with small strips of pork. Serve both, tastefully arranged, on the same dish. Mrs. Norman S. Essig

FORCE-MEAT BALLS

1 cup cooked meat (chopped fine)
¼ tsp. salt
¼ tsp. thyme
Pepper
1 tsp. lemon juice
1 tsp. parsley
Yolk of 1 raw egg
Onion juice
2 tbsp. flour
2 tbsp. butter

Add the seasoning to the meat. Beat the eggs and add enough to moisten the meat. Make the mixture into balls the size of a nutmeg. Roll them in flour and brown them in butter.

Contributed

NOODLES WITH CHEESE

Cook ¾ cup of noodles in boiling salted water for 20 minutes, or until soft. Drain them in a colander.

SAUCE

2½ tbsp. butter
1½ tbsp. flour
¾ tsp. salt
White pepper
1½ cups milk
¾ cup grated cheese

Make a white sauce of the above ingredients, adding the cheese last. Butter 6 pattie dishes and fill them two-thirds full of the cooked noodles. Cover with sauce, and then with buttered crumbs. Place the dishes in a pan of hot water and bake until the crumbs are brown. About 2 cups of crumbs will be required for six dishes.

Mrs. Norman S. Essig

MEATS, POULTRY, GAME AND EGGS

I smell the smell of roasting meat,
I hear the hissing fry.—O. W. Holmes.

And the same John had his raiment of camel's hair, . . . and his meat was locusts and wild honey.—Matthew iii, 4.

ROAST BEEF

Wipe the meat with a damp cloth. Trim and skewer into shape. Weigh it. Lay the meat on a rack in a meat pan, and place 2 tbsp. dripping, or some pieces of fat from the beef, in the bottom of the pan. Place it in a hot oven, on the grate, to sear the meat; this will keep the juices in and take about 10 minutes. The fat side of the meat may be placed down until it sears, that it may not burn, then turned that it may become crisp. Lower the temperature after searing by removing the meat to the floor of the oven. For a small roast allow about 10 minutes for each pound; for a large one, about 15 minutes for each pound. When the meat is seared it may be dredged with salt and pepper, and must be basted often. MRS. NORMAN S. ESSIG

ROAST BEEF WITH GARNISH JARDINIÈRE

Roast the beef in the usual way, and when done carve in the kitchen, placing thick, rare slices overlapping on a hot platter with a wide edge. For the garnish, which is typical of the foreign fashion of serving the *pièce de resistance* at a meal, there should be a variety of vegetables, boiled in salted water until tender and then heated in a little melted butter and well seasoned. A good combination is cauliflower, string beans, carrots and peas, and another may be artichoke bottoms filled with French peas, braised celery in three-inch lengths, and bouquets of cauliflower. Or green peppers stuffed and baked and served with green string beans and carrots and cooked yellow turnip cut in fancy shapes. There is infinite variety in the combinations, and the vegetables should be placed in little groups around the platter, one for each portion, and separated by a sprig of water-cress or parsley. The cauliflower should be separated in small bouquets, the string beans sauté in butter, the carrots cut in small, cork-shaped pieces and also sauté, and the peas may be cooked with a little onion and bacon. Small onions boiled are always a satisfactory addition to any of these garnishes. CONTRIBUTED

ROAST BEEF À LA ARMENIA

4 to 5 lbs. filet of beef, mutton or lamb, in one piece
2 or 3 dry onions
1 tbsp. butter
1 cup water
3 or 4 ripe tomatoes
or
5 or 6 tbsp. canned tomatoes
6 or 7 medium-sized potatoes
Salt and pepper to taste

Put the meat in a large roasting-pan and, with the aid of a sharp-pointed knife, pierce it deeply from all sides. Then slice over this the onions, pour the water in, season to taste and boil over a moderate fire until all the water evaporates. This done, rub over it the butter, adding also the tomatoes, which must be cut in small pieces, and the skinned potatoes cut into halves. Place the pan in a moderately hot oven until well done.

Serve this roast in slices with its own gravy and with a vegetable salad. MADAME MATHILDE R. VAN LENNEP

BROILING OR GRILLING BEEFSTEAK

Wipe, trim off extra fat. Grease the gridiron with some of the fat. Broil over a clear fire, turning every 10 seconds. Cook 3 or 4 minutes if liked rare, longer if well done. Serve on a hot platter.

MRS. NORMAN S. ESSIG

CELERY SAVORY

2 large stalks celery
1 large onion
2 green peppers
2 tbsp. butter

Chop all rather coarsely and fry in butter slowly until tender. Serve with steak. MRS. GEORGE FETTEROFF

FILET OF BEEF WITH MUSHROOM SAUCE

1 filet of beef
1 small onion
1 small carrot
1 stalk of celery
4 cloves
2 bay leaves

Remove all the membrane and excess of fat. Cut strips of larding pork 3 inches long, ⅛ inch wide, and ⅛ inch thick. Chill the strips in ice water. Lard the upper side of the filet. Slice the onion, carrot and celery. Place them with the cloves and bay leaves in the bottom of the baking-pan. Place the filet on the vegetables; season with salt and pepper and cover with bits of butter. Dissolve 1 tsp. salt in ¼ cup boiling water and pour it into the pan. Bake in a hot oven for 30 minutes. Baste frequently. Serve with mushroom sauce.

SAUCE

Drippings from filet of beef
2 tbsp. butter
4 tbsp. flour
1 pt. stock
1 pt. cooked mushrooms
1 tsp. Worcestershire sauce
½ tsp. salt
(May use Armour's extract and water, ⅓ tsp. to 1 cup water)

Heat the butter and drippings until brown. Add the flour and then the stock gradually. Strain, add the mushrooms. Cook 5 minutes, add the Worcestershire sauce and salt to taste.

Mrs. Norman S. Essig

FILET OF BEEF MIGNONNE

This is a favorite Parisian recipe. The filets are cut thick and broiled rare, first dusting with pepper and salt, and dipping in olive oil seasoned with a little onion juice. When brown they are removed to a hot platter, garnished with broiled bananas, half a banana being placed on each filet, and the following sauce poured around: One-half cup cream, salted and whipped stiff, with 2 tbsp. grated horseradish, salt and paprika.

The Epicure, Boston

BEEFSTEAK PUDDING

1½ lbs. beefsteak
½ lb. kidney
¼ lb. suet
2 cups flour
Pepper
Salt

Make a soft dough with the suet and flour and line a deep pudding bowl. Cut up meat and kidney in small pieces, flour, pepper and salt it well, put into the dough, add half a cup of water, cover the top with more dough, pinch together well, cover with a greased paper and tie on a cloth. Put into boiling water and boil 3 or 4 hours. The kidney can be omitted if not liked.

Mrs. C. A. Phelps

BEEF STEW (Drexel Institute)

1 lb. beef
1 onion
½ cup turnip
½ cup carrot
4 potatoes
Salt and pepper
Flour
Water

Cut the muscle into 1-inch pieces. Put the bone (which has been cracked) and any scraps of any tough meat into a kettle of cold water (enough to cover them). Melt the fat from the meat in a frying-pan; remove the scraps. Prepare the tender meat by seasoning it with salt and pepper and by covering it with flour. Brown the onion (which must be sliced) and the meat in the hot fat. Brown a small quantity at one time, as the onion cools the fat. Add the meat and onions to the bones and water; add enough hot water to cover. Cook on the back of the range until the meat is tender, from 2 to 3 hours. Half an hour before serving remove the fat and bones and add the other vegetables. The potatoes must be parboiled for 5 minutes and added to the stew. When the vegetables are cooked, put them with the meat on a platter. Thicken the gravy if needed. Season and pour over the meat and vegetables. CONTRIBUTED

HAMBURG LOAF

1½ lbs. Hamburg steak
4 slices bacon
2 sweet peppers, cut fine
½ cup bread crumbs
1 egg

To the Hamburg steak add 2 slices of bacon cut fine, sweet peppers, bread crumbs and egg. Work all together with the beef and mold in roasting-pan, lay 2 more slices of bacon over the top and bake slowly, basting as you would a roast.

MRS. H. M. LANGDON

WAKEFIELD STEAK

Steak
4 tsp. mushroom catsup
2 tsp. brown sugar
¼ tsp. salt
4 tbsp. hot cider
1 tsp. chopped parsley
2 oz. hot butter
Potato chips

Have a piece of filet steak cut 1¼ inches thick. An hour before cooking place the steak, turning it four or five times, in the mushroom catsup, brown sugar, salt, hot cider and chopped parsley. After being in the above mixture an hour drain, dredge with flour and pan broil with the hot butter for 20 minutes, turning frequently. Dish filet, drain fat from pan and mix with the previous mixture, heat thoroughly and pour over the steak. Potato chips garnish the dish. MRS. H. T. SIDDONS

BEEF À LA DUTCH

1 onion
1 or 2 tomatoes
1 oz. butter
1 green pepper
6 mushrooms
2 lamb kidneys
½ lb. beef chipped from tender part of round

Mince onion and fry with the butter. Mince the other vegetables and let cook 10 minutes. Cut beef into 1-inch strips and kidneys into cubes and sauté with vegetables for 5 minutes. Add ⅓ cup of stock or water and let cook 10 or 15 minutes longer and serve. Season well, a pinch of cayenne.

Mrs. H. T. Siddons

PHILIPPINE ROLL

2 lb. chopped beef
2 pork chops
2 small peppers
1 cup bread crumbs
1 cup milk
Salt and pepper
3 strips salt pork
1 pt. stewed tomatoes

Grind all together except the tomatoes and salt pork, make into a roll, put 3 strips of salt pork. Bake in slow oven 2 hours; ½ hour before it is finished pour stewed tomatoes over it.

Mrs. F. R. Savidge

COLD MEAT ROLL

1 lb. boiled ham
1 lb. raw beef
2 cups bread crumbs
3 eggs, well beaten
1 small onion, chopped
A few cloves
½ cup water
½ cup gelatin
¼ tsp. kitchen bouquet
1 tbsp. parsley, chopped fine

Put the ham and beef through a meat chopper. To this add bread crumbs, eggs and onions. Mix well and fold into a cloth the desired length, making a roll tied at each end. Boil this 2½ hours, dropping a few cloves into the water. When ready to serve cold, heat together the water, gelatin, kitchen bouquet and parsley. Pour this over the roll ½ hour before serving.

Mrs. Norman S. Essig

"TASTIES"

1 lb. round beef	½ cup water
1 onion	Dash of pepper
½ green pepper	Salt
1 can tomato soup	Butter

Slice the onion over the beef; slice pepper over onion; pour tomato soup and water over all. Season with dash of pepper, salt and butter. Bake ¾ hour. Keep lid on while baking.

Mrs. John S. Elliott

BAKED PEACHES

Use unripe peaches; halve them and add a few drops of lemon juice and brown sugar. Bake. To serve around meat.

Miss Alice L. Van Lennep

POT ROAST WITH VEGETABLES

2 lbs. meat	2 cups turnips or cabbage
2 cups carrots	2 cups parsnips
2 cups rutabagas	1 onion

Choose a piece of meat with some bone and a little fat, such as pork or beef shoulder, or brisket. Brown the meat well on all sides in a hot kettle, with a bit of fat. Add 2 cups of water, cover closely and cook slowly for about 4 hours, adding water as necessary. The last three-quarters of an hour add the vegetables, pared and cut in pieces. Serve the meat whole on the platter with vegetables arranged around it. Miss Marie A. Jones

TONGUE, WITH MUSTARD PICKLE SAUCE

Cut boiled tongue into slices; fry them in a little hot butter, with a sprinkle of minced onion thrown in. Then, for the sauce, take out the slices of tongue; put in 1 tsp. of flour, and when brown, a teacup of hot water. When done, strain and season with salt and pepper; add 1 tbsp. of chopped pickles; or the sauce may be flavored with capers, or with both capers and pickles. Let the slices of tongue soak in the sauce until ready to serve, then arrange the slices of tongue on a platter, one lapped over the other, and pour over the sauce. Mrs. Norman S. Essig

TONGUE

The tip of the tongue may be fastened by a skewer. A fresh tongue is put into boiling water and cooked in the same manner as mutton. It takes several hours to cook it; when cooked throw it into cold water to remove the skin. A salted tongue may be put into cold water and heated slowly, and then cooked at a low temperature until tender. CONTRIBUTED

BRAISED TONGUE

1 fresh beef tongue
3 tbsp. butter
3 heaping tbsp. flour
1 pt. water in which tongue was cooked
1 pt. stewed and strained tomatoes
1 onion, chopped
½ tbsp. Worcestershire sauce
Pepper

Boil a fresh beef tongue slowly for 2 hours, then skin it and put it in a casserole; melt butter and flour and brown; add water in which the tongue was cooked and tomatoes; beat until smooth and thick; add onion, Worcestershire sauce and pepper; pour over tongue, cover and simmer in the oven for 2 hours: Serve on platter with the sauce poured over it.

MRS. NORMAN S. ESSIG

STUFFED TONGUE

6 tongues of sheep or lamb
½ cup well-washed rice
1 tbsp. butter
2 or 3 medium dry onions
¼ cup seedless black raisins
¼ cup shelled and chopped pistachio nuts
1 pinch spice
Salt and pepper to taste

Leave the tongues in cold water for 1 or 2 hours, then wash well, skin and cut open on the one side, lengthwise, but not to the outermost ends. Then make the mixture of the ingredients listed above in the following manner:

Fry well in the butter the well-washed rice and the finely chopped onions, and after 5 to 10 minutes add the raisins and the pistachio nuts, well chopped, also the spice and salt and pepper to taste.

With this mixture fill the openings of the tongues with the aid of a spoon, and either tie or sew them with white thread to

prevent scattering the ingredients. Then arrange the stuffed tongues side by side in a suitable pan, and after covering them with plain water, boil over a moderate fire. Serve hot and use the broth as soup, if desired. MRS. G. A. VAN LENNEP

HAM

Put into cold water and heat gradually. Cook at low temperature until tender. Cool in the water in which it was cooked. When cold take it out and draw off the skin. It may be covered with fine crumbs and 3 tbsp. sugar, and placed in the oven for ½ hour.

CONTRIBUTED

OLD VIRGINIA SMITHFIELD HAM

1 tbsp. soda
½ cup sugar
2 tbsp. mustard
2 tbsp. red pepper
1 bay leaf
Bread crumbs

Soak in cold water to which has been added the soda for 24 hours. Put on to cook in fresh cold water at breakfast time. Simmer slowly until half done. Pour off the water and fill the kettle with boiling water to which has been added sugar, mustard mixed smooth, red pepper and bay leaf. Boil slowly until done. Set aside until quite cold, remove skin, cover with fine bread crumbs, add a little sugar. Bake in hot oven until brown. It is better eaten cold, cut thin as possible. The R. H. Jones ham and Dodd hams are good substitutes. This is a genuine Virginia recipe.

MRS. JOHN WOOD, JR.

BAKED HAM

Onion
Parsley
Bay leaf
Cloves
Brown sugar
Lemon juice

After scrubbing and soaking ham over night put on to boil in cold water until tender (3 hours or more). Add onion, bay leaf and parsley to cold water. Allow ham to cool in own water, after which remove the skin, score the fat into squares, inserting a clove to a square scored. Cover with brown sugar and bake an hour or until brown and tender. Baste with lemon juice.

MRS. NORMAN S. ESSIG

BAKED HAM

Select your ham, about 15 lb. ham if possible with 1 inch of fat. Use one-half or more for baking, large end. Make a thick dough of flour and water, cover ham, cut side up. Take one quart of vinegar, one cup of sugar and three bay leaves, heat on stove and baste ham very often. (Use more vinegar and sugar if necessary.) Bake 3 hours. Remove crust of dough and serve.

EVELYN MERWIN

BAKED HAM

When boiling ham put in 1 cup of black molasses, 1 onion, a few cloves and a very small handful of peppercorns.

Let the ham cool in the water in which it has been boiled. Skim. Rub brown sugar over the ham and brown in a slow oven for 1 hour, basting every 15 minutes with the liquor in which it has been cooked. MRS. ERNEST T. TRIGG

FRIED HAM

After the ham has been slightly browned pour over ¼ cup of sweet pickle juice to each slice, and simmer slowly for 10 minutes. MISS MARIE A. JONES

BAKED SMITHFIELD HAM
(Recipe from Richmond, Va.)

Soak over night, after thoroughly scrubbing the ham with a stiff hand brush. Boil it, 25 minutes to the pound, in the same water in which it soaked over night. When done let it partly cool and then peel the skin off, sprinkle it well with brown sugar and stick the fatty side with cloves. Place it in the baking-pan and brown in the oven. MISS VIOLETTE T. HAINES

ROYAL SCALLOP

Cold ham
6 eggs, hard boiled
Macaroni
White sauce
Bread crumbs

Chop cold pieces of ham very fine, chop eggs fine. Into a buttered baking-dish put a layer of chopped cooked macaroni,

then a layer of ham, then a layer of egg. Over all pour a medium white sauce. Sprinkle the top with bread crumbs and bake ½ hour.

Mrs. Walter Wilhelm

HAM TIMBALES

2 cups ground ham
1 cup bread crumbs
1 egg, well beaten
Little chopped parsley, salt and pepper

Make a cream dressing of butter, milk and flour, and stir into it the above ingredients. Grease little cups and fill with mixture and cook in oven a half hour.

Mrs. Richard H. Blythe

"TASTIES"

1 lb. slice ham
2 tsp. brown sugar
1 tsp. mustard
2 tbsp. vinegar
½ cup water
Pepper

Rub sugar and mustard on both sides of ham. Pour vinegar and water over ham; add a little pepper. Bake ½ hour. Keep lid on while baking.

Mrs. John S. Elliott

FRIED BACON WITH EGG

Fry the bacon. Break eggs and drop them whole into the hot fat. Cook on low fire without turning.

SAUSAGE IN BLANKET

Take about 1 lb. of sausage meat, cover with soda biscuit dough ¾ of an inch thick. Bake until sausage is well cooked, basting constantly and until crust is brown.

Mrs. Norman S. Essig

PORK AND BEANS

Parboil a piece of the middling of salt pork, and score the skin. Allow a pound to a quart of dried beans, which must be soaked over night in lukewarm water. Change this twice for more and warmer water, and in the morning put them on to boil in

cold. When they are soft, drain off the liquor, put the beans in a deep dish, and half bury the pork in the middle, adding a very little warm water. Bake a nice brown.

Miss Violette J. Haines

ROAST YOUNG PIG, SOUTHERN STYLE

Take a medium roasting piece of young pork, wash, wipe dry, dust with salt and pepper, dredge with flour, and put in a roasting-pan with a little sage sprinkled over and ½ cup of hot water. Arrange around the roast white and sweet potatoes, fairly small and peeled, and have ready some small red apples, cored. Roast the pork until two-thirds done, then place the apples, which cook very quickly, in the pan with the potatoes and finish the cooking. The apples may have the cavity where the core was removed stuffed with butter which has been rolled in granulated sugar and cinnamon. When the apples are tender the potatoes should be well browned and the pork should be done. It should be basted several times. *The Epicure*, Boston

ROAST PORK WITH APPLE SAUCE

Wipe the pork, sprinkle with salt, pepper and a little powdered sage, dredge with flour, place on a rack in a roasting-pan, after stuffing with the following stuffing: Chop 1 onion fine and cook until light brown and tender in a little dripping or butter. Make a stuffing of bread crumbs and crusts over which cold water is poured to moisten, then squeezed out and the onion added. Season with salt, pepper, sage, summer savory and thyme and a little minced parsley, add 3 tsp. of melted butter and bind together with 1 egg stirred thoroughly through the stuffing. Roast the pork until tender and the stuffing brown, basting frequently with the fat in the pan. Remove the pork and stuffing and, to the fat in the pan, add 1½ cups of hot water and a little kitchen bouquet or caramel sauce. Season with salt and pepper and, when hot, thicken with a roux of flour and water, stirred smooth; stir until thick and brown, strain through a wire sieve and serve with the pork and stuffing. Also serve with this, baked apple sauce made in a stone crock and baked tightly covered, which should give the sauce a beautiful red color. Mrs. Norman S. Essig

TO BROIL VENISON STEAKS

Have the gridiron hot; broil and put in a hot dish; rub over them butter, pepper, salt and a little melted currant jelly. If one does not wish to serve the jelly, simply garnish the dish with slices of lemon. MRS. NORMAN S. ESSIG

MOCK VENISON

Cut cold mutton into thin slices and heat in a brown sauce made according to the following proportions:

2 tbsp. butter
2 tbsp. flour
1 tbsp. red-currant jelly
1 cup water or stock
1 tbsp. bottled meat sauce (whichever is preferred)

Brown the flour in the butter, add the water or stock slowly, and keep stirring. Then add the jelly and meat sauce and let the mixture boil up well. CONTRIBUTED

PAN-BROILING

Remove from the steak or chop extra fat, and wipe with a damp cloth. Heat a frying-pan very hot without any fat. Put in the meat and cook 1 minute; turn and sear on the other side; then cook more slowly until done; 5 minutes if liked rare. Stand chops up on the edge to brown the fat. Keep the pan free from fat. CONTRIBUTED

MUTTON COOKED IN WATER (Drexel Institute)

Cleanse, remove the pink skin and extra fat, and put into boiling salted water; 1 tbsp. salt to 4 qts. water. At the end of 15 minutes' cooking in this temperature, it has become hardened on the outside, and the juices cannot escape. Push the kettle to the back of the stove, and let it cook until it is tender in a temperature about 180° F. If the water bubbles it is too hot. All kinds of meat may be cooked by the same rules, except those which have been salted. CONTRIBUTED

SCALLOPED MUTTON

Cut cold mutton into small pieces. Put a layer of bread crumbs on the bottom of a shallow baking-dish, then the mutton, and over that pour a sauce made in the following manner:

1 tbsp. fat
1 tbsp. flour (browned)
1 cup liquid in which the mutton was cooked
Seasoning

It may be seasoned with salt, pepper and onion juice and chopped parsley or 2 tsp. Worcestershire sauce may be used. Cover with crumbs before baking.

Cold roast beef may be used instead of mutton. The sauce for the beef may be prepared by using hot water and milk or water and stock.

MRS. WALTER WILHELM

BROILED LAMB CUTLETS WITH STRING BEANS

Wipe some lamb cutlets, season with salt and white pepper, rub over with a little soft butter and broil under a clear flame or, if in the country, pan-fry them in a very hot sheet-iron spider, which gives the same effect as broiling. Cook the desired quantity of string beans in salted water until tender, and drain. Have a liberal quantity of butter in an enamel saucepan and toss the beans in this, seasoning with salt and pepper, and when they are very hot, garnish the platter of lamb with them.

The Epicure, Boston

LAMB STEW WITH RICE

1½ lbs. lamb or mutton
2 cups carrots

Use lamb or mutton from shoulder, cut into small pieces. Cover with cold water and cook slowly without boiling for 4 to 6 hours. Three-quarters of an hour before meal time add carrots, pared and cut into ½-inch pieces. When done thicken the gravy with 2 tbsp. flour. Serve on large platter with a border of boiled or steamed rice.

CONTRIBUTED

LAMB CHOPS WITH SAUCE

4 to 6 chops
½ tbsp. butter
1 medium green pepper
1 medium dry onion
Pinch of thyme
2 ripe tomatoes
or
3 to 4 tbsp. canned tomatoes
Salt and pepper to taste

Fry the chops in their own fat. When done, take them in a separate dish, and add to the fat the butter and about ½ cup plain water—or broth if preferred—and bring to a boil. Then chop the green pepper, the onion and the tomatoes, and after seasoning to taste, also sifting in the thyme, add them to the boiling mixture. When this is nearly done, add the chops, and place the entire combination in a moderately hot oven for 10 to 15 minutes.

Mrs. G. A. Van Lennep

LAMB CHOPS À LA CASTELLANE

Broil six thick slices of eggplant ¾ of an inch thick. When tender, brush over with melted butter and arrange upon a platter. Upon each place a broiled lamb chop and pour around the sauce made as follows:

Brown 3 tbsp. of butter, add 3½ tbsp. of flour and stir until well browned, then add, gradually, 1 cup of rich, brown stock. Cut into tiny cubes sufficient to make 3 tbsp. of raw, lean ham and cook this for 3 minutes in a little butter, moisten with 2 tbsp. of cider and add 2 tbsp. of finely shredded green pepper. Add this to the sauce and blend thoroughly before pouring around the chops.

The Epicure, Boston

MASHED POTATOES WITH MINCED MEAT

½ lb. mutton or lamb meat
1 qt. potatoes
2 medium dry onions
2 tbsp. butter
1 cup broth, or plain water
Salt and pepper to taste

Mince the meat and fry in one-half portion of the butter with the finely cut onions. Season to taste. Then prepare the mashed potatoes and put in a suitable vessel with the fried meat in alternate layers, and after pouring over the broth, boil the whole

on a moderate fire for 15 to 20 minutes. Then add the remainder of the butter on the surface, and place the vessel in a hot oven for 10 to 12 minutes. MRS. G. A. VAN LENNEP

DEVILED MUTTON

Cut the cold mutton in rather thick slices, dip each in a "deviled" mixture of vinegar, French mustard, salt, pepper and a dash of sugar. Turn over the slices in the sauce several times; dip in a rather thick batter, and fry as you would fritters. Drain off the fat and serve hot.

MRS. WALTER WILHELM

MINCE MEAT FRITTERS

½ lb. mutton or lamb
3 medium dry onions
3 or 4 tbsp. butter
2 cups flour
Salt and pepper to taste

Make a stiff batter of the flour and lukewarm water, roll out very thin, and cut into 4-inch squares. Then fry well the minced meat with the finely chopped onions, seasoned with salt and pepper, in part of the butter. Place this, in tablespoonful quantities, between the thin batter sheets, pressing down the edges and notching at regular intervals. When all are thus made ready, arrange in a suitable flat pan, and after pouring over the remainder of the butter, melted, bake it in a moderately hot oven until the batter is well done. Serve hot. MRS. G. A. VAN LENNEP

BREADED MUTTON CUTLETS

8 French chops, cut thin
1 tbsp. butter
4 tbsp. flour
½ tsp. salt
⅛ tsp. pepper
1 cup cream
½ cup chopped ham

Make a white sauce of the above ingredients; when thoroughly cooked, add the finely chopped ham, mix thoroughly and set aside to cool. Broil the chops. Season each chop with salt and pepper and cover on both sides with a layer of the sauce. Allow them to stand on a buttered plate until firm, then dip in egg and crumbs and cook in deep fat until brown. Serve with Cuban or tomato sauce.

CUBAN SAUCE

2 tbsp. ham (chopped)
¼ cup flour
¼ cup butter
1½ cups stock
1 cup tomato ketchup
½ tsp. salt

Cook ham and butter until the butter is well browned, add the flour and salt, the stock slowly, and then the ketchup. Cook 10 minutes. Strain and serve with mutton cutlets.

MRS. NORMAN S. ESSIG

LAMB ROLL

½ cup boiled rice
2 cups ground lamb
White of 1 egg
Little onion, green pepper and seasoning

Pack into covered mold and boil ¾ hour. Serve on platter with brown gravy. MRS. F. R. SAVIDGE

SWEETBREADS (Fried)

Wash very carefully, and dry. Lard with narrow strips of fat salt pork, set closely together. Use for this purpose a larding-needle. Lay the sweetbreads in a hot frying-pan, which has been well buttered or greased, and cook to a fine brown, turning frequently until the pork is crisp.

MRS. NORMAN S. ESSIG

SWEDISH TIMBALES (Drexel Institute)

¾ cup flour
½ tsp. salt
1 tsp. sugar
½ cup milk
1 egg

Sift the dry ingredients. Add the milk gradually, then the beaten egg. Stir, but do not beat. Put the mixture into a cup. Heat the timbale-iron in fat which is hot enough to brown a cube of bread in 1 minute. The fat should be deep enough to cover the iron. When hot, dip the iron three-fourths into the batter and then into the hot fat. Cook until a delicate brown; remove from the iron and drain on brown paper. CONTRIBUTED

CALF'S LIVER (Fried)

Slice the liver smoothly, and lay in salt and water to draw out the blood. Lard each slice, when you have wiped it dry, with slices of fat salt pork, drawn through at regular distances, and projecting slightly on each side. Lay in a frying-pan and fry brown. When done, take out the slices, arrange on a hot dish, and set aside to keep warm. Add to the gravy in the frying-pan a chopped onion, ½ cup of hot water, pepper, the juice of a lemon, and thicken with brown flour. Boil up well, run through a colander to remove the onion and the bits of crisped pork that may have been broken off in cooking, pour over the liver, and serve hot.

Mrs. Herbert Painter

TO COOK LIVER

Fry in a sauté pan some thin slices of breakfast bacon, and when done put them on a hot dish; fry then thin slices of liver, in the same fat, which have previously been thrown into boiling water for only a moment, and then been sprinkled with flour. When well done on both sides, serve them and the bacon on the same dish, and garnish with slices of lemon.

Mrs. Herbert Painter

CANNED GREEN PEAS WITH MEAT

½ lb. lamb
2 medium dry onions
3 or 4 tbsp. canned tomatoes
1 can peas
Salt and pepper to taste

Cut the meat into walnut-sized pieces, and fry for 20 minutes; then slice in the onions and put in the tomatoes, and continue frying 8 or 10 minutes longer. Then put in the contents of the can of green peas, season to taste and boil over a medium fire until done.

Mrs. G. A. Van Lennep

MEAT CROQUETTES

1 lb. meat for hash
3 medium onions
3 or 4 medium potatoes
2 eggs
Bread crumbs
A little grated cheese
Salt and pepper to taste

Boil the onions and potatoes in water; when done, pass them along with the meat through the grinding machine, put in a vessel and add the grated cheese, bread crumbs, pepper and salt. Break the eggs in a little water and add them, mixing well. Form into small round cakes, flour lightly on both sides and fry in butter or fat. Serve with salad. Equally good hot or cold.

MRS. G. A. VAN LENNEP

VEAL CUTLETS

A slice of veal from the leg. Wipe and remove the bone, skin and tough membranes. Cut into pieces for serving. Small pieces may be put together by using wooden toothpicks for skewers. Season the veal with salt and pepper. Roll in fine bread or cracker crumbs, dip in beaten egg, then in crumbs again. Melt 1 tbsp. of dripping or butter in a French pan, and brown the cutlets in the hot fat. When browned put the cutlets into a stewpan. While the cutlets are being prepared the bone and tough pieces may be cooking, at low temperature, covered with water. This water may be used for the sauce.

SAUCE FOR CUTLETS

1 tbsp. dripping
2 tbsp. flour
1 pt. stock or water and stock
1 tsp. or more of Worcestershire sauce
1 tbsp. chopped parsley
Salt and pepper

Prepare this as a brown sauce. Caramel or soy may be used to color it. Pour this sauce over the cutlets, and cook at a temperature of 180° F. for 1 hour.

MRS. NORMAN S. ESSIG

VEAL LOAF, No. 1

2½ lbs. veal
½ lb. pork
1 cup bread crumbs
2 eggs
1 tsp. onion juice
1 tsp. salt
½ tsp. pepper

MRS. BROOKE M. ANSPACH

RED SAUCE FOR VEAL LOAF

30 large tomatoes
10 large sweet red peppers
8 large onions
1 qt. cider vinegar
1 cup sugar
½ cup salt

Cook together 1½ hours.

Mrs. Brooke M. Anspach

VEAL LOAF, No. 2

3 lbs. veal, chopped fine
1 tbsp. salt
1 tsp. pepper
1 tsp. thyme
1 nutmeg
6 soda crackers, rolled fine
3 eggs

Mix the ingredients well together, make into a loaf and sprinkle with flour. Bake 3 hours and baste with butter and water.

Mrs. A. Reed McIntire

VEAL LOAF, No. 3

1 lb. veal, ground fine
½ lb. salt pork, ground fine
1 cup bread crumbs
1 beaten egg
1 tbsp. melted butter
Salt, pepper, sage to taste
½ cup top milk

Make into a long loaf, put a piece of bacon on the bottom and top. Add 1 cup water and roast 1 hour. Delicious sliced cold.

Mrs. L. K. Holder

MOCK BIRDS

Cut veal cutlet in squares. Stuff with poultry filling. Roll. Fasten with a toothpick or some such device. Serve with brown gravy.

Mrs. Frank A. Craig

HASH

1 cup meat, chopped fine
2 cups hot mashed potatoes
⅓ cup boiling water or more
2 tbsp. butter or beef fat
Salt and pepper
Onion juice

Put the mixture in a French pan, in which ½ tbsp. of beef dripping or butter has been heated. Spread smoothly. Cook over a moderate heat, and it will brown slowly, and not burn. Cook

about ½ hour and do not stir the hash. Fold it like an omelet. The onion juice may be omitted and chopped parsley or capers used.

CONTRIBUTED

LEGATION OF THE KINGDOM
OF THE
SERBS, CROATS AND SLOVENES
WASHINGTON, D. C.

2148 Wyoming Avenue,
Washington, D. C.
February 19, 1921

MY DEAR MRS. ESSIG:

It is with much pleasure that I enclose the following recipe for a Serbian dish to be added to the others which comprise your Book of Cookery for the Modern Club.

SERBIAN "JUVETCH"

(How to Make a Tasty Luncheon Dish from Soup Meat and Left-over Vegetables)

Shred coarsely pieces of soup meat just removed from bouillon. Place a layer in baking-dish with plenty of fat and small pieces of thinly sliced bacon and onions. To this add cooked sliced tomatoes and potatoes, rice, peas, and any other left-over vegetables. Add several tablespoons of cream, season with salt and pepper, bake in hot oven 10 minutes, and serve in dish.

MABEL S. GROUITCH (Madame Slavko Grouitch)

MRS. NORMAN S. ESSIG, *Chairman Home Economics*
Modern Club of Philadelphia, Merion, Pa.

ORIENTAL RECIPE

PILAF, PLAIN (Luncheon Dish)

5 cups stock
2 cups rice
2 tbsp. butter
Salt and pepper to taste

Bring the broth to a boil first, then put the rice into it. Season to taste, and continue boiling until all the water is evaporated. This done, take the vessel off the fire and heat the butter well in a frying-pan; then pour over the boiled rice; cover with white muslin under the lid and place in hot oven for 15 to 20 minutes.

MADAME MATHILDE R. VAN LENNEP

CROQUETTES

Chop meat into small pieces, or very fine; add seasoning to taste—salt, pepper, cayenne, chopped parsley, or Worcestershire sauce; add a thick milk or cream sauce, and cool on a shallow plate; when cold shape into cones or oblong shapes and cover with crumbs, egg, and again with crumbs to cook in deep fat. The temperature of the fat is the same as for oysters.

Mrs. Norman S. Essig

EGGS AU BEURRE NOIR

Melt 1 tbsp. butter and slip in carefully 4 eggs, one at a time. Sprinkle with salt and pepper and cook until whites are firm, adding more butter if needed. Turn once during the cooking.

Brown 2 tbsp. butter, add ½ tbsp. vinegar and strain over eggs.

Mrs. Mason Thomson

OMELET

2 eggs
2 tbsp. milk
⅛ tsp. salt
Pinch of red or black pepper

Beat the yolks of the eggs until light and creamy. Add the milk and seasoning. Beat the whites until stiff. Cut them into the yolks. Heat an omelet pan, and rub it all over with 1 tsp. butter, using a knife to do it. Turn in the omelet, spread it evenly on the pan. When the omelet is set, put it into the oven to dry slightly on the top for a few minutes. Fold it and turn it upon a heated dish. Serve immediately. Chopped parsley, cheese, meat or jelly may be placed in the center before it is folded or before the whites are cut in. An omelet must be cooked by moderate heat.

Contributed

RICE OMELET

1 cup boiled rice, mashed
2 tbsp. milk
1 tbsp. flour
Pinch of salt
4 eggs, beaten separately

Mix rice, milk, flour and pinch of salt. Then add yolks of eggs beaten light. Drop in large spoonfuls on buttered frying-pan. Fold over as is usual with omelets.

Miss Alice L. Van Lennep

OX EYES

Take slices 1 inch thick from good light bread, and cut round with a 3-inch cutter, cut a small ring 1½ inches and scoop out enough to take in an egg, brush with butter and brown in a hot oven. Break a fresh egg in each, season with salt and paprika, moisten with cream and put in a moderately heated oven until set.

CONTRIBUTED

DROPPED EGGS

Fill a pan with boiling water, and put it where it cannot reach boiling point again. Break each egg into a saucer and slip it into the water. Dip the water over the egg with a spoon. When the white is firm and a film has formed over the yolk, they are cooked. Take up with a skimmer, drain, trim off all the rough edges and serve on slices of toast. Season each egg with salt.

MRS. NORMAN S. ESSIG

EGG TIMBALES

1½ cups milk
6 eggs
¼ tsp. pepper
1 tsp. salt
¼ tsp. onion juice
1 tsp. chopped parsley

Butter molds. Cook in pan with water in moderate oven until firm. Serve with cream sauce, celery sauce or cheese or mushrooms.

MISS MARIE A. JONES

CHOCOLATE OMELET

Dissolve 1 square of chocolate in a stewpan with a little water and leave it to cool. Beat the yolks of 4 eggs with a dessertspoonful of thick cream and add the chocolate to this, with the whites of the eggs beaten to a stiff froth. Better results are obtained if the chocolate is first mixed with the whites, then added very gradually to the yolks. Melt in a rather large frying-pan 1½ tbsp. of butter and when it is hot, pour in the omelet mixture, stirring with a spoon. Let it set over a slow fire, taking color on one side only. When ready to serve, roll it up and arrange on a large hot platter, pouring hot chocolate sauce around it.

The Epicure, Boston

EGG BALLS

Yolks of 3 hard-cooked eggs
¼ tsp. salt
White pepper
2 tsp. melted butter

Press the eggs through a strainer; add the seasoning and the butter and enough raw egg, either white or yolk, to form a paste. Shape in small balls, roll them in flour, and brown in hot butter.

CONTRIBUTED

EGG CUTLETS

Boil 6 eggs 20 minutes. Chop very fine. Thicken a little milk with flour. Make very stiff. Add this to the chopped eggs with chopped parsley, onion juice, salt and pepper. Mix and turn out to cool. When cold, form into croquettes, roll in egg and bread crumbs; fry in deep fat. Serve with creamed peas.

MRS. F. DINWIDDIE WALKER

EGG AU GRATIN

Break an egg into individual ramekin, pour over it a thick cream sauce and grate cheese on top. Brown in gas oven not over 3 minutes.

MISS MARIE A. JONES

CREAMED TOAST WITH EGG

Make cream sauce as follows:

1 tbsp. butter
1 tbsp. (small) flour
2 cups milk
Salt and pepper

Pour this over 3 or 4 slices of toast and grate hard-boiled eggs over it.

CREAMED EGG

Pour the above cream sauce over several hard-boiled eggs, cut once lengthwise, garnish with parsley and serve.

MISS MARIE A. JONES

ROAST CHICKENS

Having picked and drawn them, wash out well in two or three waters. Prepare a stuffing of bread crumbs, butter, pepper, salt, etc. Fill the bodies and crops of the chickens, which should be young and plump; sew them up, and roast an hour or more, in proportion to their size. Baste two or three times with butter and water, afterward with their own gravy. If laid flat within the dripping-pan, put in at the first a little hot water to prevent burning.

Stew the giblets and necks in enough water to cover them, and, when you have removed the fowls to a hot dish, pour this into the drippings; boil up once; add the giblets, chopped fine; thicken with browned flour; boil again, and send to table in a gravy-boat.

Serve with crabapple jelly. CONTRIBUTED

CHICKEN FRANCHARD

You may have eaten chicken as cooked by Franchard at the Restaurant of the Hermitage on the edge of the Forest of Fontainebleau in France, but it can be done equally well at home, given a nice fat chicken and a large earthen casserole. The chicken is cut into pieces as for a fricassee, and put in the casserole with a large piece of butter, the size of a duck's egg, and let fry in this, turning frequently. The fresh herbs used can be bought in almost any good market—chervil, tarragon, thyme, and a clove of garlic. The herbs are chopped fine, say a teaspoonful each of parsley, thyme, and chervil and double the quantity of tarragon and one clove of garlic. These are sprinkled over the chicken, which is then seasoned with salt and pepper and then a cup of cut-up mushrooms which have been marinated in vinegar for a few moments. Then a large spoonful of flour is sprinkled over the chicken and sifted first, that it may not lump, and enough good chicken stock to moisten it well is added and the cover put on the casserole. The chicken is cooked 50 minutes in this, with frequent turning that it may all cook equally, and at the end of this time the sauce should be golden brown and well reduced. Two cups of the stock should be ample and reduced about half. When serving, little triangles of fried bread are placed on the platter and the chicken

is dished up on these and the sauce poured over. The garlic may be omitted or a little minced onion may be substituted, but it is really the garlic flavor with the herbs which gives character to the dish. MRS. NORMAN S. ESSIG

BOILED CHICKENS

Clean, wash and stuff as for roasting. Baste a floured cloth around each, and put into a pot with enough boiling water to cover them well. The hot water cooks the skin at once, and prevents the escape of the juices. The broth will not be so rich as if the fowls are put on in cold water, but this is a proof that the meat will be more nutritious and better flavored. Stew very slowly, for the first half hour especially. Boil an hour or more, guiding yourself by size and toughness.

Serve with egg or bread sauce. CONTRIBUTED

BROILED CHICKENS

It is possible to render a tough fowl eatable by boiling or stewing it with care. And even when assured that your "broiler" is young, it is wise to make this doubly sure by laying it upon sticks extending from side to side of a dripping-pan full of boiling water. Set this in the oven, invert a tin pan over the chicken, and let it steam for half an hour. This process relaxes the muscles, and renders supple the joints, besides preserving the juices that would be lost in parboiling. The chicken should be split down the back, and wiped perfectly dry before it is steamed. Transfer from the vapor bath to a buttered gridiron, inside downward. Cover and broil until tender and brown, turning several times; from ½ to ¾ hour will be sufficient. Put into a hot chafing-dish and butter very well. Send to table smoking hot. CONTRIBUTED

PAN-BROILED CHICKEN AND GUINEA HEN

Use the frying or broiling chicken. Split down the back. Rub with plenty of shortening and dust with flour and bake in a hot oven until tender. Baste with ¾ cup of boiling water. When nearly cooked spread over the chicken thin slices of bacon.

Prepare the guinea hen in the same manner as the pan-broiled chicken. MRS. NORMAN S. ESSIG

FRIED CHICKEN

Clean, wash and cut to pieces spring chicken. Have ready in a frying-pan enough boiling lard or dripping to cover them well. Dip each piece in beaten egg when you have salted it, then in cracker crumbs, and fry until brown. If the chicken is large, steam it before frying. When you have taken out the meat, throw into the hot fat a dozen sprigs of parsley, and let them remain a minute—just long enough to crisp, but not to dry them. Garnish the chicken by strewing these over it.

Miss Mabel A. Leas

PRESSED CHICKEN

Cut up 1 chicken, cover well with water and boil until the meat will drop from the bones. After removing the chicken from the kettle there must be 1 pint of liquor. Separate the meat from the bones, taking care to remove the skin, gristle and little pieces of bone. Chop fine while warm, season with salt, pepper and a small piece of butter, then return to the kettle with the liquor. When hot, pack in a mold and set it aside to cool.

Mrs. Aubrey J. Dando

CHICKEN À LA KING, No. 1

4 tbsp. butter
½ green pepper
2 level tbsp. flour
1 pt. cream or rich milk
½ cup button mushrooms
2½ cups cooked chicken
Salt, paprika
Cayenne pepper if desired

Melt butter in a chafing-dish or saucepan, but don't let it brown; add green pepper, minced fine, and cook 3 or 4 minutes without allowing it to brown; add flour and cook until frothy, then add cream or rich milk and stir until the sauce thickens. Set in a double boiler over hot water. Add mushrooms cut in half and cooked chicken cut in cubes about an inch in size. Season with salt, paprika, and a pinch of cayenne pepper if desired.

Mrs. H. T. Siddons

CHICKEN À LA KING, No. 2

1 chicken (5 lbs.)
2 green peppers
½ lb. mushrooms
2 tbsp. flour
½ pt. fresh cream
1 tbsp. chopped parsley

Boil chicken tender, cut meat into desired pieces, boil broth down to 1 qt. Boil peppers and mushrooms 10 minutes in broth. Thicken broth with flour, add first cream, then chopped parsley. Serve hot in chafing-dish. CONTRIBUTED

JELLIED CHICKEN

Boil chicken thoroughly tender, chop fine, season very highly, chop and add parsley. Have 2 boiled eggs in mold, pack chicken in tightly, add 1 teacup of chicken juice in which has been soaked 1 tbsp. of gelatin. Set to cool. Fine for luncheon or tea.

MISS ALICE L. VAN LENNEP

CHICKEN JELLY

1 chicken **1½ qts. water**

Cut chicken into small pieces, pound bones with hammer until they are crushed, put in 1½ qts. cold water. Allow to boil until chicken falls to shreds. Skim while it boils. Strain and put on ice to jell. Cut off and warm or eat cold as desired.

MISS MABEL A. LEAS

CHICKEN STEWS

Clean the chicken and cut into pieces. Cover in boiling water and cook at that temperature for 15 minutes. This hardens the albumen, and the juices are kept in. Push the kettle to the back of the range and cook at a temperature of about 180° F. Serve with sauce. MRS. NORMAN S. ESSIG

CHICKEN SOUFFLÉ

Make 2 cups of cream sauce and season with chopped parsley and onion juice. Stir 2 cups of chopped chicken into the sauce. When hot, add the beaten yolks of 4 eggs; cook 1 minute and set away to cool; when cool, stir in the whites, beaten stiff. Bake in a buttered dish about 20 minutes and serve immediately. Any meat may be substituted for chicken.

MISS MABEL A. LEAS

FRICASSEE OF CHICKEN

1 chicken
1 tbsp. flour
1½ pts. boiling water or stock
1 tbsp. vinegar
1 tsp. Worcestershire sauce
Salt and pepper
Yolk of 1 egg

Sauté a chicken (cut into pieces) with a little minced onion, in hot lard. When the pieces are brown, add flour, and let it cook 1 minute, stirring it constantly. Add then the boiling water or stock, vinegar, Worcestershire sauce, salt and pepper. When it is taken off the fire, strain the sauce, taking off any particles of fat; mix in the yolk of an egg. Pour it over the chicken, and serve.

Miss Dorothy Martin

CHICKEN WITH ELBOW MACARONI

Chicken
½ pkg. elbow macaroni
Pepper and salt
1 small onion
1 large sweet green pepper
Butter

Boil macaroni in salt water. Put the breast, upper joints and drumsticks in a casserole. Add pepper and salt, onion chopped fine, and sweet green pepper chopped fine. Cover with the boiled macaroni. Put little pieces of butter on top and cook in an oven about 1 hour.

Take neck, wings, back and the bones from drumsticks; make a chicken broth of the following ingredients; pour about ½ cup of this stock over the chicken and macaroni before putting the casserole in the oven.

1 onion
1 carrot
2 cloves
1 bay leaf

This is enough for 6 people.

Miss Dorothy Martin

CHICKEN CURRY

1 chicken
3 or 4 onions, according to size
Fat salt pork
2 tbsp. flour
2 tsp. Crosse & Blackwell's curry powder
Salt
½ cup grated cocoanut
Milk of 1 cocoanut with enough water to make 1 pt.
Boiled rice
Major Gray chutney

Cut up onions and fry with fat salt pork, cut in small pieces. Put your chicken in that mixture and fry slowly, being careful not to burn. When the chicken is cooked take out the pieces and put in another kettle. Mix flour and curry powder, some salt, with milk from cocoanut. Pour this mixture in frying-pan of fat and onions, and boil, then strain, and pour over chicken and simmer (not boil). Take ½ cup grated cocoanut, pour a little boiling water on it, let it stand, then add to curry. Serve with boiled rice and Major Gray chutney.

Mrs. Louis F. J. Hepburn

SCALLOPED CHICKEN

2 chickens
2 sets of brains
1 can mushrooms
2 hard-boiled eggs
2 tbsp. butter
4 crackers
A little cayenne
Celery salt
Cloves
Allspice
1 small onion, minced
½ teacup cream
½ teacup lemon juice

Chickens boiled and minced fine, brains parboiled in milk and all used, eggs beaten, crackers grated, butter melted, mushrooms parboiled and chopped and seasoning added. All stirred together and cooked in porcelain vessel. Serve in patties, grated crumbs over and browned.

Mrs. L. H. Richards

MEAT OR CHICKEN SOUFFLÉ

1 cup ground meat
1 cup milk
1 soupspoon flour
1 soupspoon butter
1 soupspoon fresh bread crumbs
2 eggs

Make a sauce of butter, flour and milk. Add bread crumbs. Cook a few minutes. Add to meat. Beat yolks. Add to mixture. Add seasoning to taste. Just before putting into buttered dish fold in stiffly beaten whites. Bake 25 minutes in a moderate oven.

Mrs. Frank A. Craig

CHICKEN LIVERS

Clean livers, separate into 6 pieces and sprinkle with salt and pepper. Wrap each piece separately in a slice of bacon and fasten with small wooden skewer. Put in hot saucepan and cook until bacon is brown.

Mrs. Mason Thomson

CHICKEN CROQUETTES

½ lb. chicken
½ tsp. salt
½ tsp. celery salt
Cayenne
¼ tsp. white pepper
Onion juice
1 tsp. parsley
1 tsp. lemon juice

Make 1 pt. of very thick cream as follows:

1 pt. hot cream
2 tbsp. butter
4 tbsp. flour
½ tsp. salt
⅛ tsp. white pepper
½ tsp. celery salt
Cayenne

These ingredients should be cooked as a white sauce, using enough of the cream to make it of the right consistency. Chop the chicken very fine, and add sauce to make it as soft as can be handled. Cool as in rice croquettes, and shape and cook in the same way.

Sometimes a beaten egg is added to the sauce before mixing it with the meat. MRS. NORMAN S. ESSIG

ROAST DUCK

Select a young, fat duck. The lower part of the legs and webbing of the feet should be soft. Singe and draw the duck in the same manner as a chicken. Wipe it inside and out with a damp cloth. Weigh and fill with potato or bread stuffing. Truss in the same way as a chicken. Place on a rack in a baking-pan, cover the breast with slices of bacon, and put ½ cup water and ½ tsp. salt in the pan.

Bake in a hot oven, allowing 20 minutes for every pound and 20 minutes over. Serve with giblet sauce.

POTATO STUFFING

4 cups hot mashed potato
2 tsp. onion juice
½ tsp. pepper
2 tsp. salt
2 tbsp. butter
Yolks of 2 eggs
⅛ cup cream
1 tbsp. parsley

Mix the onion juice, pepper, salt and butter with the potato. Add the cream to the beaten yolks and mix them with the potato. Add the parsley.

GIBLET SAUCE

Put the giblets (with the exception of the liver) in a saucepan and cover with cold water. Cook slowly until nearly tender, then add the liver. When tender, drain and chop fine.

SAUCE

2 tbsp. fat from baking pan
4 tbsp. flour
2 cups giblet stock
¼ tsp. salt
Pepper

Make a brown sauce, add the giblets, and when hot, serve with the duck.

MRS. NORMAN S. ESSIG

REDHEAD DUCK, ROASTED

Stuff the birds as full as possible with celery tops, tie thin slices of fat salt pork over their breasts and roast them until they are quite tender and brown, 14 to 18 minutes sufficing if the oven be very hot. Remove the celery and serve on slices of fried bread with black currant jelly and orange salad.

THE ORANGE SALAD, TREMONT STYLE

Take large, luscious seedless oranges, peel as you would an apple, then slice with a sharp knife, removing all pith and white skin. Put a layer of them in the salad bowl with a slight sprinkling of powdered sugar and a few drops of orange curaçao. Another layer of oranges, another of sugar and curaçao, and so on until you have sufficient. Set on ice and serve very cold.

MRS. NORMAN S. ESSIG

STUFFING FOR GEESE AND DUCKS

2 level cups mashed potato
1 level cup soft bread crumbs
½ cup butter
½ level tsp. salt
½ level tsp. pepper
2 level tbsp. scraped onion pulp
½ level tsp. poultry seasoning

Mix thoroughly.

CONTRIBUTED

STUFFING FOR TURKEYS AND CHICKENS

2 level cups soft, fine bread crumbs
½ to ⅓ cup melted butter
⅓ level tsp. salt
⅓ level tsp. pepper
½ level tsp. powdered thyme or poultry seasoning

Mix all the ingredients together thoroughly. The bread should have been baked 24 hours. The quantity given is enough for 1 chicken. Double the quantities for a 10-lb. turkey.

CONTRIBUTED

TO COOK CRANBERRIES

Add one teacup of water to a quart of cranberries, and put them over the fire. After cooking 10 minutes, add 2 heaping cups of sugar, and cook about 10 minutes longer, stirring them often. Pour them into a bowl or mold, and when cold they can be removed as a jelly. The berries will seem very dry before the sugar is added, but if more water is used they will not form a jelly.

MRS. NORMAN S. ESSIG

ROASTED GOOSE, APPLE STUFFING

Parboil a large goose for 1 hour, then stuff with a sage stuffing in which 1 cup of chopped, raw apple has been mixed, basting it frequently with 1 cup of hot water in which 2 tbsp. of melted butter has been put. Serve with cider apple sauce and gravy made in the pan.

MRS. NORMAN S. ESSIG

ROAST TURKEY, CHICKEN, GOOSE OR DUCK

Cut off the neck, inside the skin, on a line with the top of the wing bones. Wash and scrub inside and out and dry with a cloth. Fill with dressing. Run a trussing needle, threaded with white twine, through the legs pressed close against the body, lifted as high as possible; take a stitch on the further side and return to within an inch of the place where the needle entered, tie the twine in a knot. Turn the neck-skin over the end of the neck on the back and run the threaded needle through the wing over the skin turned over the back and through the second wing; return the needle to the first side ½ inch below each place of entrance and tie in a knot. To remove after cooking, cut the stitches on wing and leg and draw out by the knots on the other side. Spread thin slices of salt pork over the breast and set to cook in a hot oven. After 20 minutes reduce the heat; turn the fowl during this time to sear the whole outside. Cook from 2 to 3 hours. Cook at a temperature that will not burn or overcook the fat in

the pan. Baste with the hot fat each 15 minutes; dredge with flour after basting. Tender, juicy roasts can not be had if the oven be too hot. Baste a goose with salted water rather than with fat. In cooking goose if there is an excessive accumulation of fat in the pan, pour it off when partially cooked. A goose, or any fowl of uncertain age, should be parboiled before setting to roast.

MRS. NORMAN S. ESSIG

ROAST GOOSE

Singe. Wash well. Add 1 tbsp. of baking soda to the water. Draw the goose and parboil for 30 minutes. Drain, rinse under cold water and pat dry.

Fill with sage dressing and bake in a moderate oven from 2½ to 3 hours, or until tender. Baste every 20 minutes. The age and size will determine the time required to cook the goose.

Turn the goose breast down while cooking, after the first 30 minutes; this will keep the breast moist. Later turn on the back to brown the breast.

SAGE DRESSING

1 pt. sliced onions **1 bunch potherbs**
1 pt. diced celery, using the green leaves and stalks

Put the onions, celery and potherbs through the meat-chopper, adding sufficient stale bread. Add:

1 tbsp. powdered sage **1 tsp. pepper**
1 tbsp. salt **1 tsp. poultry seasoning**

Mix thoroughly, moisten with 1 cup of stock and then fill into the goose. Sew the opening with a stout string.

CONTRIBUTED

ROAST PIGEONS

Clean, wash and stuff as you would chickens. Lay them in rows, if roasted in the oven, with a little water in the pan to prevent scorching. Unless they are very fat, baste with butter until they are half done, afterwards with their own gravy. Thicken the gravy that drips from them, and boil up once; then pour into a gravy boat. The pigeons should lie close together in the dish.

MRS. NORMAN S. ESSIG

TO COOK SQUABS

Clean the birds as for stuffing, put 2 ounces of butter for each bird into a saucepan with a tight lid; when boiling, put in birds, breasts down; first season them with salt and pepper, cover tightly and cook slowly 1 hour, turning twice.

MRS. HORATIO C. WOOD, JR.

SQUABS ON CANAPÉS

Split squabs, season with salt and pepper, spread with soft butter rubbed until creamy and mixed with flour—3 tbsp. of the latter to 4 of the former—and bake in a hot oven until well browned, basting every 4 minutes with 2 tbsp. butter melted in ¼ cup of water. Chop 6 boiled chicken livers, season with salt, pepper and onion juice, moisten with melted butter, and add 1 tsp. chopped parsley. Spread mixture on canapés and arrange a squab on each one. *The Epicure*, Boston

REED BIRDS

Pick, singe, and draw the birds. Remove the head, tips of the wings and the feet; then wipe the birds with a wet cloth.

REED BIRDS COOKED IN CHAFING-DISH

½ tsp. butter 6 reed birds

Put the butter into a chafing-dish and, when hot, add the birds. Turn frequently and cook until brown. Serve on toast or canapés and garnish with cress or celery tips.

BAKED REED BIRDS

Place prepared reed birds closely together in a baking-pan. Bake in a hot oven for 10 or 15 minutes, or until brown. Baste with the drippings in the pan.

REED BIRDS WITH BACON

Wrap prepared reed birds in very thin slices of bacon. Fasten the bacon with small skewers. Bake in a hot oven for 15 minutes. Remove the bacon before serving. CONTRIBUTED

QUAILS BROILED

Split them at the back. Broil, basting them often with butter, over a hot fire. As soon as the quails are done, add a little more butter, with pepper and salt, and place them for a moment into the oven to soak the butter. Serve them on thin slices of buttered toast, with a little currant jelly on top of each quail.

MRS. NORMAN S. ESSIG

"DRIPPINGS"

By drippings is meant the fat from roasting, frying or boiling meat, fat trimmings, etc. Every bit of fat coming into the house should be saved and used.

When more fat is needed the soft flank of beef or pork, which sells for about 10 cents a pound, may be used. Cut the fat into small pieces, removing any skin and bits of meat. Cover with cold salted water and let stand for 4 or 5 hours or over night. This improves keeping qualities and flavor. Soak again if there is time. Now melt the fat slowly in the oven or over boiling water and cook until the scraps are crisp but not brown. Strain into clean pails, cans or jars which can be covered. Keep in a cool place. Use like lard, Crisco, etc., which costs about 5 cents a pound more. When using in recipes calling for butter, add more salt and take a little less because butter contains salt and is one-eighth water.

Strongly flavored fats from bacon, ham and sausage should be kept separate and used for hashes or warming over potatoes.

CONTRIBUTED

TRYING OUT FAT

A double boiler is the best utensil to use in trying out small portions of fat. There is no danger of burning the fat and the odor is much less noticeable than if it is heated in a dish set directly over the fire.

CLARIFYING FAT

Excepting where the purpose of clarifying fat is to remove flavors, a good method to follow is to pour boiling water over the fat, to boil thoroughly, and then to set it away to cool. The cold fat may be removed in a solid cake and any impurities clinging to

it may be scraped off, as they will be found at the bottom of the layer. By repeating this process two or three times a cake of clean, white fat may be obtained.

A slight burned taste or similar objectionable flavors often can be removed from fat by means of potatoes. After melting the fat, put into it thick slices of raw potato; heat gradually. When the fat ceases to bubble and the potatoes are brown, strain through a cloth placed in a wire strainer.

SAVORY DRIPPINGS

When rendering the drippings of fat meat, add a small onion (do not cut it), a few leaves of summer savory and thyme, a teaspoonful of salt, and a little pepper. This is enough for a pint of fat. Keep the drippings covered and in a cool place.

CONTRIBUTED

VEGETABLES

(*They*) *brought . . . parched corn, and beans.*—II Samuel xvii, 28.

Sowthistle, dandelion, and lettuce are their vegetables, especially the last.—Cowper.

BOILED POTATOES

Pare and cover with cold water, if they are not to be cooked immediately. Cook in boiling salted water. When tender, drain thoroughly. Shake gently and dry at the back of the stove with the saucepan uncovered, or with a cloth folded over the top to absorb the moisture. Sprinkle well with salt.

CONTRIBUTED

MASHED POTATOES

Mash in the saucepan in which they are cooked. Use a wire potato-masher or a silver fork. Beat until light and creamy. Add a little hot milk in which a small piece of butter has been melted, season with salt and beat again. Pour out lightly on a hot dish. Mashed turnips are prepared in the same manner without the milk. CONTRIBUTED

BAKED POTATOES

Select potatoes of uniform size. Bake in a hot oven from ½ to 1 hour. They should be broken so that the steam may escape. Serve uncovered. CONTRIBUTED

BAKED POTATO WITH CHEESE

Remove the potato from the skin and sprinkle grated cheese over it, or mix the potato and cheese and return to the skins, cutting off the ends to brown the top. Put a small piece of butter on each top. CONTRIBUTED

POTATOES FOR GARNISHING

2 cups hot potato
3 tbsp. butter
½ tsp. salt
Yolks of 3 eggs

Press the potatoes through a vegetable press, add the softened butter, the salt and the yolks of the eggs, slightly beaten. Put the mixture into a pastry bag and press out in the desired shape on a buttered pan. Brown in the oven. Remove with a spatula or broad-bladed knife and use as a garnish for meat or fish.

CONTRIBUTED

POTATO CURLS

Cut the potatoes with a potato curler. Parboil them in boiling salt water, then brown in hot butter, and season with salt and pepper.

CONTRIBUTED

SAUTÉ POTATOES

In making sauté potatoes, olive oil is far better than butter, because it attains a higher degree of heat without burning, and the cold, sliced potatoes, well seasoned, sautéd in this until well browned on both sides, have a delicious flavor. A little onion fried in the oil before the potatoes are put in will impart a slight flavor if this is desired, and onions and finely minced red peppers are also a favorite addition.

MRS. NORMAN S. ESSIG

POTATO DUMPLINGS
(For 6 people)

6 good-sized potatoes
A pinch of salt
1 tsp. baking powder
1 egg, beaten
½ eggshell of milk
2 tbsp. fine bread crumbs fried in 2 tbsp. butter (do not brown). Mix well with hands.
1 cup flour

Boil potatoes with skins on, allow to cool, peel and mash through press. Make a long roll and cut about 1½ ins. thick. Have a deep pan of boiling salt water, drop dumplings into water and when they come to the top take out. Pour over dumplings ½ cup of butter melted with bread crumbs (1 slice) browned in butter. Very good served with baked ham.

MRS. AMELIA ALBRECHT

SARATOGA CHIPS

Wash and pare several potatoes, and cut them into very thin slices. Soak them in ice water until crisp, drain them, and dry between towels. Cook in smoking hot fat until a delicate brown. Sprinkle with salt while still warm. The potatoes should be reheated in the oven before using.

CONTRIBUTED

LYONNAISE POTATOES

1 qt. cold boiled potatoes, cut into dice
3 tbsp. butter
1 chopped onion
1 tsp. Colburn's poultry seasoning

Fry the onion in the butter and when it turns yellow add the potatoes, salt and poultry seasoning. Stir with a fork, cook for 2 minutes, or longer if you wish them brown. Serve on a hot dish with parsley. CONTRIBUTED

POTATOES AU GRATIN

Plain boiled potatoes chopped very fine. Mix with a thick cream sauce. Season all with salt and pepper to taste. Put in shallow dish and cover thickly with grated cheese. Bake until golden brown. CONTRIBUTED

POTATO PUFF

2 cups cold mashed potatoes, beaten well
2 eggs, beaten well
1 tbsp. melted butter
1 cup milk
Salt to taste

Beat all well, put into a greased baking-dish, bake quickly to a light brown. MRS. NORMAN S. ESSIG

SHOESTRING POTATOES

Wash, peel and cut potatoes in ⅛-inch slices, and soak for 1 hour in cold water. Remove, dry between towels, and cut each slice in the tiniest possible strips. Fry these in deep fat, remove when brown to drain on paper, and dust with salt and serve very hot. CONTRIBUTED

GRATED SWEET POTATO PUDDING

4 medium-size potatoes
1 cup sugar
2 eggs
1 pt. milk
1 tbsp. melted butter
Vanilla

Grate the potatoes in the milk (so as not to turn potato dark). Beat eggs and sugar together until light, then add melted butter, and season with vanilla. Put in baking-dish and bake until thoroughly done. To be eaten either with liquid or hard sauce.

MISS MARY W. LOWELL

BAKED SWEET POTATOES AND APPLES

Select large sweet potatoes (the red ones are better because of their size). Boil, skin and cut them to fit under the apples. Make a syrup of butter and sugar and pour over potatoes; brown in oven.

Pare, core and bake enough apples needed for sweet potatoes. Serve apples on top of pieces of sweet potato.

MRS. E. PUSEY PASSMORE

SWEET POTATO CROQUETTES

2 cups hot, riced sweet potato
3 tbsp. butter
½ tsp. salt
Dash of pepper
1 egg
Flour or crumbs

Add to the sweet potato, the butter, salt, pepper and beaten egg. Shape in croquettes, roll in beaten egg, flour or crumbs, egg and crumbs again, and fry in deep fat until brown, draining on paper.

CONTRIBUTED

SWEET POTATOES, VIRGINIA STYLE

Sweet potatoes are boiled, cooled and their skins removed, then cut in rather thick slices and arranged in layers in a buttered baking-dish from which they are to be served. Salt, brown sugar, pepper and melted butter are used on each layer and a thick layer of sugar on top. They are baked in a hot oven until the sugar melts and candies into syrup.

CONTRIBUTED

SWEET POTATO SHELLS

Boil 6 even good-sized sweet potatoes and mash while hot; season well with salt and pepper and moisten with cream till they are like pastry; then line buttered tin patty pans and bake till firm; have ready some creamed peas; remove shells from pans and fill with peas.

CONTRIBUTED

TURNIPS SOUFFLÉ

2 cups mashed turnips
1 gill cream
Butter, salt and pepper to taste
Paprika

To the mashed turnips, add the cream, butter, salt and pepper to taste, and beat until light. Put in a buttered baking-dish, dot with bits of butter and season with paprika and bake until hot, and serve in a baking-dish. CONTRIBUTED

SCALLOPED CABBAGE OR CAULIFLOWER

Season more highly 2 cups left-over cooked cabbage or cauliflower, mix with white sauce made as follows:

1½ tbsp. butter
1½ tbsp. flour
Salt and pepper
1 cup milk

Put in buttered ramekins and sprinkle with buttered bread crumbs and bake until brown.

NEW PEAS AND STRING BEANS IN CREAM

1 cup string beans
2 cups green peas
1 tsp. sugar
A few lettuce leaves
1 cup thin cream
2 oz. sweet butter
Salt
Pepper

Cut fine string beans sufficient to make 1 cup, and cook, with 2 cups of green peas, in boiling water, to which a little salt, 1 tsp. sugar and a few lettuce leaves have been added. Remove the lettuce leaves when the vegetables are tender, drain, and re-heat in the cream and butter, seasoned with salt and pepper.

MRS. NORMAN S. ESSIG

BUTTERED OYSTER PLANT

Wash the salsify, or oyster plant, scrape, cut in 1-inch lengths and throw immediately in cold acidulated water to prevent discoloration. Cook in boiling water, liberally salted, until tender. Drain through a colander and put in a saucepan with some fresh butter and a little sweet cream; season with salt, pepper and a dash of nutmeg if the latter flavor is liked, and heat well before serving. The cream may be omitted. Celery may be cooked in the same fashion. CONTRIBUTED

STEWED CELERY

1 bunch celery
1 pt. sauce

Wash and scrape the celery. Cut into 1-inch pieces. Keep under cold water until ready to cook. Put into boiling salted water, and when tender drain and serve with the sauce.

SAUCE

1 cup milk (hot)
1 cup water in which celery was cooked
2 tbsp. butter
1½ tbsp. flour
Salt and pepper

MILK SAUCE

2 tbsp. butter
2 tbsp. flour
1 tsp. salt
1 pt. milk (hot)
⅛ tsp. pepper

Heat the butter until it bubbles; add the flour and salt, and gradually the hot milk. If used for vegetables, add the pepper. If it lumps, cook until it thickens, then beat until it is smooth. It may be beaten off the stove. A thinner sauce may be made by adding more milk; a thicker sauce by using less milk; a richer sauce by using cream or white stock; a brown sauce by browning the butter and flour. CONTRIBUTED

NEW LIMA BEANS, NORMANDE

1 pt. new lima beans
White stock
2 oz. butter
1 tbsp. flour
Yolks of 2 eggs
A little sweet cream

Soak lima beans in cold water for 2 hours, then cook in white stock gently until tender. Drain and keep hot. Melt butter allow it to cool and add flour and moisten with 1 gill of stock. Boil for 10 minutes, then strain and add the yolks of eggs and a little sweet cream. Stir the sauce briskly over the fire until slightly thickened, and pour over the beans. CONTRIBUTED

MACARONI

12 sticks macaroni
1½ cups thin white sauce
½ cup stale bread crumbs with ½ tbsp. butter
1 cup grated cheese

Break the macaroni into 2-inch pieces. Cook in boiling salted water about 20 minutes, or until soft. Pour into a colander and

run cold water through it. Place in a buttered cooking-dish, and add the sauce with one-half the cheese in it. Put the crumbs into the melted butter, add the remaining cheese to them, and spread over the top.

Second Method

Put the macaroni into the baking-dish; add 1 tbsp. butter in small pieces, and ½ cup. grated cheese. Pour milk over it and season with salt and white pepper. Put ½ cup grated cheese over the top.

Mrs. Norman S. Essig

SAVORY BANANA FRITTERS

6 large ripe bananas
Seasoned flour
Salt, pepper, paprika
1 egg
1 tbsp. milk
Nuts (chopped fine)
Butter
Bread toasted or fried

Peel bananas and cut each in halves, lengthwise, and dip lightly in seasoned flour, which is made by seasoning a little flour on a large plate with salt, pepper and paprika, tossing it well together. Beat egg and add milk, dip a piece of banana in this and then roll in finely chopped nuts, and fry in clarified butter to a golden brown. Dish up each slice on a neat oblong slice of fried or toasted bread, and serve hot.

Mrs. Norman S. Essig

BAKED EGGPLANT

Pare eggplant. Cut in slices and soak in cold water 2 hours. Drain, cook in boiling salted water until soft. Again drain, mash, add—

¼ cup butter
½ cup stale bread crumbs
2 beaten eggs
Juice of onion—few drops
Salt and pepper to taste

Line molds with canned pimentoes, fill with eggplant, cover with buttered crumbs and bake 15 minutes. Remove from molds for serving.

Mrs. Willoughby F. Richardson

ARTICHOKES (From book over 100 years old)

Soak them in cold water, wash them well; put them into plenty of boiling water, with a handful of salt, and let them boil gently for 1½ or 2 hours; trim them and drain in a sieve; send up melted butter with them, which some put into small cups, one for each guest.

MADAME MATHILDE VAN LENNEP

ASPARAGUS (From book over 100 years old)

Scrape the stalks until they are clean, throw them into pan of cold water, tie them up in bundles of about 25 each; cut off stalks at bottom all of one length, leaving enough to serve as a handle for the green part; put them into a stewpan of boiling water, with a handful of salt in it. Let it boil and skim it. When they are tender at the stalk, which will be in from 20 to 30 minutes, they are done enough. Watch the exact time of their becoming tender, take them up that instant. While the asparagus is boiling, toast a round of a quartern loaf about ½ inch thick; brown it delicately on both sides. Dip it lightly in the liquor the asparagus was boiled in, and lay it in the middle of a dish; melt some butter, but do not put it over them. Serve butter in a boat.

MADAME MATHILDE VAN LENNEP

GREEN CORN FRITTERS

12 ears grated corn
4 eggs
1 tbsp. butter
½ tsp. salt
1 tsp. sugar
½ cup flour
A little pepper
1 tsp. baking powder

Fry in hot fat. May be served alone; or with fried chicken and cream sauce, and is most delicious.

MISS M. W. LOVELL

SCALLOPED CORNLETS

1 can cornlet
⅔ cup milk
2 or 3 tbsp. butter
Salt and pepper
2 cups bread crumbs

Mix the cornlet and milk, season with salt and pepper, and put into a buttered baking-dish. One tbsp. of butter is cut in small

pieces and placed in the dish; the remaining butter is to be melted and the crumbs added to it for the top. Brown in a hot oven 20 or 30 minutes. Cooked onion or cabbage which has been chopped may be used in the same manner. CONTRIBUTED

CORN OYSTERS

Grate raw corn from cobs. To 1 cup of pulp add 1 egg well beaten and ¼ cup of flour. Season highly with salt and pepper. Drop by spoonful on a hot, well-greased griddle.

MRS. HAROLD B. BEITLER

CORN PUDDING

1 can corn
2 eggs, well beaten
1 tsp. salt
Pepper to taste
1½ tsp. melted butter
1 pt. scalded milk

To the corn add eggs, salt, pepper, butter and milk. Turn in a buttered pudding-dish and bake in a hot oven until firm.

MRS. NORMAN S. ESSIG

SCALLOPED TOMATOES AND CORN

Bread crumbs
Tomatoes (peeled and sliced)
Corn (canned or green)
Onion
Green peppers
Salt
Butter

Butter a baking-dish and in it arrange alternate layers of soft bread crumbs, tomatoes and corn. Season each layer with scraped onion and a light sprinkle of finely-chopped green peppers, salt, drops of butter, allowing 1 tsp. for each layer. Have top layer tomatoes. Cover with 1 cup of bread crumbs mixed with ¼ cup of melted butter. Bake in a hot oven 35 minutes. Let crumbs brown last 5 minutes of baking. Serve in baking-dish.

MISS MARTHA AUSTIN MCDOWELL

PEPPERS STUFFED WITH GREEN CORN

6 green peppers
12 ears sweet corn
¾ cup milk
1 tbsp. grated onion
Salt, pepper
3 tbsp. butter
1 tsp. sugar
Paprika
Parsley

Cut thick slices from the ends of peppers; remove seeds and white portion; parboil 15 minutes in boiling salted water to which soda has been added. Drain. Score the kernels of corn lengthwise, scrape out pulp. There should be 3 cups. Put pulp in saucepan, add milk and cook slowly over a low fire for 20 minutes, stirring often. Season with grated onion, salt, pepper, butter and sugar. Fill the pepper slices with the mixture. Dispose on hot serving-platter, sprinkle tops generously with paprika and garnish with sprigs of parsley. Miss Martha Austin McDowell

STUFFED PEPPERS

6 green peppers
2 cups cooked veal or chicken (chopped)
2 tbsp. butter
3 tbsp. flour
1½ cups cream
Onion juice
½ tsp. salt
1 cup bread crumbs
1 tbsp. butter
Salt and pepper

Cut the tops from the peppers and keep them for lids. Remove the seeds. Make a white sauce of the butter, flour, onion juice, salt and cream. Add the veal and fill the peppers with the mixture. Cover with buttered crumbs. Place the peppers in a baking-pan and cover the bottom of the pan with boiling water. Bake in a moderate oven ½ hour.

Mrs. Norman S. Essig

FRIED GREEN PEPPERS

Remove the stem end of the peppers, allowing 2 or 3 peppers for each person to be served. Remove the seeds and cut each in 8 slices. Wash, drip in a towel and fry in olive oil, seasoning with salt and pepper to taste and cooking tightly covered until tender, adding a little hot water when first put in. Take up carefully and drain off the oil and serve in a hot dish.

The Epicure, Boston

ONIONS

There is no better manner of cooking onions than as follows: Put them into salted boiling water, with a little milk added, and boil them until tender (no longer). Then place them in a baking-

pan with a little pepper, salt and butter over the top of each, and a very little of the water in which they were boiled in the bottom of the pan. Brown them quickly in the oven, and serve very hot. They may be served alone in a vegetable dish, or as a garnish around beef, calf's heart, etc. CONTRIBUTED

ONION SOUFFLÉ

6 large onions **1 cup rich white sauce**
3 eggs

Cook onions in salted water until very tender, drain and press through a colander. To 1 cup of onion pulp add white sauce, season to taste. Separate eggs and to the lightly beaten yolks add the above mixture, stirring all the while. Then pour this into the stiffly beaten whites of eggs, pour into buttered dish, set in a pan of boiling hot water, and bake in not too hot an oven for about 25 minutes, or until firm and a delicate brown.

MRS. ROBERT E. KLINE, Boston

STEWED ONIONS

Peel under cold water. Cook in boiling water, changing water at the end of 5 minutes and again in 10 minutes. Then cook until tender. Drain off all the water. Serve with hot milk, butter, salt and pepper. The milk may be omitted. Sometimes a milk or cream sauce is used. CONTRIBUTED

BOILED ONIONS, BUTTER SAUCE

Boil the onions in the usual fashion, adding ½ tsp. of sugar and a little salt to the water in which they are boiled. When tender, drain off the water, add 3 tbsp. of melted butter and thicken ever so slightly with a little flour and water or a roux of flour and butter, pour over the onions and serve.

MRS. NORMAN S. ESSIG

ITALIAN FRIED ONIONS

Take large Spanish onions and, with a very sharp knife, slice crosswise very thin, allowing at least 1 to each person to be served. Dredge with flour, salt and pepper and fry in a frying-

basket in deep fat, drain on paper and serve very hot. These are also delicious with beefsteak and more easily digested than the onions fried in butter, as they are quite dry.

Mrs. Norman S. Essig

EGGPLANT, ORIENTAL STYLE

1 eggplant
1 cup canned tomatoes
2 onions
Salt and pepper
Butter

Remove the seeds and peel from eggplant, cut in small pieces and put in a saucepan with tomatoes, using the pulp, and onions cut fine and first cooked in a little butter until tender. Sprinkle with salt and pepper, add a lump of butter, and, if necessary, a very little water. However, the tomatoes and eggplant should furnish sufficient liquor. Cover tightly and simmer on the back of the range until the eggplant is tender, when it will be ready to serve.

Miss Violette T. Haines

STEWED TOMATOES

Plunge them into boiling water to remove the skins. Drain and peel. Cut into small pieces and cook over moderate heat for at least 1 hour. Unless the quantity is very small, a long slow cooking improves the flavor. Just before removing from the stove, season with butter, salt and pepper. They may be thickened with bread or cracker crumbs, or sweetened with sugar.

Contributed

SCALLOPED TOMATOES

Remove the top of fresh tomatoes, also a little of the inside. Prepare buttered crumbs. Season with salt, pepper and powdered sage. Onion juice or other seasoning may be used in place of sage. Fill the cavities and cover the top with crumbs. Bake in a hot oven until the crumbs are a delicate brown.

Mrs. Norman S. Essig

WHITE SAUCE FOR VEGETABLES

1 tsp. butter
1 tsp. flour
⅛ tsp. salt
White pepper
⅛ cup milk (heated)
⅛ cup stock

Heat the butter until melted and bubbling, add the flour mixed with the seasoning and stir until thoroughly blended; add the hot liquid gradually, stirring each portion until well mixed and perfectly smooth. Remove from the fire as soon as the boiling point is again reached. CONTRIBUTED

BAKED BANANAS

4 bananas
¼ cup sugar (brown or white)
1½ tbsp. melted butter
2 tbsp. boiling water
Juice of 1 lemon

Peel the bananas, cut into halves lengthwise, and lay them on an old platter. Mix the melted butter, sugar, water and lemon juice together. Pour half of the mixture over the bananas and put them into a slow oven. Bake 15 to 20 minutes, using remaining mixture for basting. MISS ALICE L. VAN LENNEP

CABBAGE AND CAULIFLOWER

Cut a cabbage in quarters, and soak it in cold water for ½ hour. Chop the leaves and cook in boiling water until tender—about 25 minutes. To avoid the odor the kettle must not be covered while the cabbage is cooking. Cabbage may be served with vinegar, salt and pepper or with a milk sauce.

Cauliflower is usually cooked whole, and in a large bag to keep its shape, and served with a cream or milk sauce. The best sauce is made with white stock. CONTRIBUTED

SPINACH

Pick the spinach leaves from the stems, and wash the leaves several times. The leaves may be placed in a colander, and must be carefully washed to remove the sand and earth. Put the spinach in only a cup of boiling salted water. If young and tender it will cook in about 10 minutes. Drain in a colander. Press it through the colander with a wooden potato-masher. Heat it in a pan which has had 1 tbsp. of butter melted in it, add salt and pepper. Cream may be used instead of butter.

The color may be kept in green vegetables, as spinach, by pouring cold water through them after draining.

MRS. NORMAN S. ESSIG

Here is our P. R. R. Private Car Porter, Fletcher's way of cooking spinach. Dictated by him for the Modern Club Book of Recipes

First, to get all earth and grit out, wash well through several waters. Begin by spigot water running from the leaves out through the roots, in order to carry away the sand or soil, then cut off roots and continue to wash until you can see there is no sediment at the bottom of the pan. It is clean then. Cold water, of course, is used in washing.

Now for the cooking. There is nearly enough water in the vegetable leaves to cook it, but a little may be added if necessary, and it is put in a covered pot where it will steam and cook for about 20 minutes, not over half an hour. Drain out the water and put in a colander. Mash it through the holes to take out all the woody substance. (Some people cut or chop it, but it is not so pleasant to eat with the short stems left in.)

Finally it is put in a pan or bowl and seasoned with salt, pepper, plenty of butter and a little mite of cream (or no cream if desired). Some add a little ground mace or anything of the kind to the taste of the connoisseur. MR. JOSEPH T. RICHARDS

RICE

First Method

1 cup rice — **2 cups boiling water**
1 tsp. salt

Put the rice, water and salt into a bowl; cover it and place the bowl in a steamer (one having holes in the bottom) over boiling water. Cook until the rice is soft.

Second Method

1 qt. boiling water — **1 cup rice**
2 tsp. salt

Put the water, rice and salt in the upper part of the double boiler. Place it over the lower kettle and steam 15 minutes. Pour off all the water, return to the boiler, and cook 25 minutes longer.

Third Method

3 qts. boiling water — **2 tsp. salt**
1 cup rice

Add the rice gradually to the boiling water. Cover and cook 20 minutes, or until the grains show that they are cooked. Press them on the side of the kettle to see if they are soft. Turn into a colander to drain. Allow it to dry for 5 minutes in the oven with the door open.

MRS. NORMAN S. ESSIG

STEAMED RICE

1 cup rice — **3 cups boiling water**
1½ tsp. salt

Wash rice by placing in a strainer and allowing the water from the faucet to run through until it is clean. Add rice to boiling water and boil for 5 minutes. Place stewpan, closely covered, in larger kettle of boiling water and steam for 50 minutes.

CONTRIBUTED

LUNCHEON RICE

1 cup rice — **Salt if necessary**
1 cup white sauce — **Dash of paprika**
1 cup grated cheese — **1 egg**
Sliced bacon

Wash rice and boil briskly in plenty of salted water till tender. Drain, being careful not to mash the grains of rice. Add white sauce, grated cheese, salt if necessary and a dash of paprika; last add well-beaten egg. Pour into a buttered dish, dot the top with squares of thinly sliced bacon and bake in a moderate oven till a delicate brown.

MRS. ROBERT E. KLINE, Boston

RICE FRITTERS

1 cup boiled rice — **Pinch of salt**
1 tbsp. flour — **1 egg**
1 tsp. baking powder

Mix all ingredients together and make into little cakes. Fry in hot lard.

DRESSING FOR RICE FRITTERS

1 lb. brown sugar — **Butter size of a walnut**
½ cup water — **1 tsp. vinegar**

Boil all ingredients together until thick, pour over fritters and serve. Mrs. Godfrey N. Degerberg

RICE CASSEROLE

1 cup rice, uncooked
3 cups water
1 cup tomatoes
½ green pepper
1 tbsp. sugar
1 tsp. salt
2 tbsp. butter
1 small onion

Bake 1 hour in moderate oven.

Mrs. John G. Pew

SPANISH RICE

1 can tomatoes
5 tbsp. rice
1 onion, chopped fine
½ green pepper, chopped fine
1 tbsp. sugar
1 tbsp. butter
Salt
Pepper

Cook tomatoes, rice, onion and green pepper together in double boiler 2 hours; ½ hour before it is cooked add sugar, butter, salt and pepper.

Mrs. George U. Rehfuss

PEANUT BUTTER CHOPS

½ cup peanut butter
½ cup bread crumbs
½ cup hot rice

Mix until rice is cool. Add 1 beaten egg and 1 tsp. salt. Shape into cakes and bake in oven 15 minutes.

Mrs. Richard H. Blythe

PILAF

½ lb. cooked rice
1 lb. sausage meat, cooked
1 can tomatoes
¼ lb. butter
Salt to taste

When rice is parboiled add tomatoes and cook until done; add butter, salt to taste; mix together, put in baking-dish, and brown in oven. Serve for breakfast.

Mrs. Harold Lewis

RICE CASSEROLE

1 cup rice
1 cup water
1 tsp. salt
1 can tomatoes
2 peppers
1 onion

Mix and bake in moderate oven 1 hour.

MRS. GEORGE U. REHFUSS

RICE CROQUETTES

1 pt. cooked rice
2 or 3 tbsp. milk
1 egg
1 tbsp. butter
1 tsp. salt
$\frac{1}{16}$ tsp. white pepper
Cayenne
1 tbsp. chopped parsley
Bread crumbs

Warm the rice in a double boiler with enough of the milk to soften it. Add the beaten egg, butter and seasoning. Spread the mixture on a shallow plate to cool, then shape into rolls. Roll in fine bread crumbs which have been seasoned with salt and pepper; dip in beaten egg and roll in crumbs again. Cook in smoking fat until brown.

MRS. NORMAN S. ESSIG

HOMINY CRESCENTS

½ cup hominy
1½ cups milk
½ tsp. salt
¼ tsp. paprika
Nutmeg
Yolks of 2 eggs

Soak hominy in ½ cup of water 15 minutes; put on to cook in double boiler with milk; when done, add salt, paprika, a grating of nutmeg and egg yolks, spread in a shallow pan ½ inch deep to cool; when cold, cut in crescents, crumb, egg and crumb and fry in deep fat.

CONTRIBUTED

HOMINY WITH BACON

Mold 2 cups of cooked hominy in a low dish of suitable size, first rinsing the dish with cold water. When ready to use turn it out on a baking dish that can be sent to the table. Cover the hominy with thin slices of bacon and cook in a very hot oven until the bacon is crisp. Pour off the superfluous fat, surround with a border of poached eggs, and serve at once.

MRS. GEORGE U. REHFUSS

APPLE FRITTERS

4 apples (tart) — **2 tbsp. lemon juice**
Powdered sugar — **Cinnamon or nutmeg**
Batter

Pare and core the apples. Cut into ¼-inch slices across the apple, leaving the hole in the center. Spread on a plate and sprinkle with lemon juice, sugar and cinnamon or nutmeg. Let the above stand while preparing the batter.

FRITTER BATTER

1 cup flour — **2 eggs**
¼ tsp. salt — **½ cup milk**
1 tbsp. melted butter or olive oil

Sift the dry ingredients. Beat the eggs separately. Add the milk to the yolks, and pour into the flour, making a smooth batter; then add the oil or butter and beat well. Fold in the whites of the eggs. When the batter is used for meat or fish add 1 tbsp. lemon juice or vinegar; if for fruit, use 1 tsp. of sugar.

Mrs. Norman S. Essig

LENTEN FRITTERS

2 cups milk — **½ tsp. salt**
½ cup fine corn meal — **¼ cup sugar**
Yolks of 2 eggs

Scald the milk over boiling water; stir vigorously while gradually sprinkling in a generous ½ cup of fine corn meal, sifted with salt and sugar; continue to stir until the mixture is smooth and thick, then cover and let cook 1 hour longer. Beat the yolks of eggs; add a little of the mush and mix thoroughly, then stir into the rest of the mush with such flavoring as is desired; turn into a shallow pan to make a sheet not more than ½ inch thick. When cold cut into rings (a doughnut cutter may be used); dip the rings in flour and fry in deep fat; drain on soft paper, sprinkle with powdered sugar and serve at once.

Mrs. Norman S. Essig

HOT SLAW

Shred a head of cabbage fine and place in water to crisp. Now place in a saucepan—

½ cup vinegar **½ cup water**
4 tbsp. cornstarch

Stir to dissolve the starch and bring to a boil, and then add—

1½ tsp. mustard **1 tsp. paprika**
1 tsp. salt **1 tbsp. sugar**
6 tbsp. oil

Beat hard and then heat to the boiling point. Then drain the slaw well. Place in a bowl and pour over dressing. Serve hot.

MRS. GEORGE DUNBAR SHEWELL

COMPOSITION AND DIETETIC VALUE OF VEGETABLES

A generous supply of vegetables and fruit in the dietary is a necessity.

Vegetables and fruit furnish iron in larger proportions in comparison with their food value than do most animal foods.

Vary the kind of vegetables and fruit often, as the ash constituents change with each variety and all are needed.

Potatoes contain calcium and phosphorus, a relatively high percentage of iron and a very high percentage of potassium.

The custom of serving potatoes with meat is founded on physiological or healthful reasons.

Potassium yields base-forming qualities that neutralize the acids formed from meat. One medium-sized potato will neutralize the acids of two average slices of roast beef.

Rice is a substitute for the starch in potatoes but does not neutralize acid; on the contrary, it is acid-forming.

When substituting rice for potatoes, add also either celery, cabbage, milk, beans, apples or prunes, all of which contain potassium.

SAUCES

Right costly cates, made both for stew and taste,
But sauc'd with wine.—Haywood.

Avoid curiosities, and provocation, let your chiefest sauce be a good stomach, which temperance will help to get you.—Penn.

PUDDING SAUCE

1 cup sugar
½ cup butter
1 tsp. flour
1 egg
1 wineglass wine
1 pt. boiling milk

Mix together sugar, butter, flour, egg and wine. When ready to serve add boiling milk.

COLD SAUCE

1 pt. whipped cream
½ cup powdered sugar
1 tbsp. melted butter

Beat together whipped cream, powdered sugar, melted butter and flavoring desired. MRS. NORMAN S. ESSIG

VANILLA SAUCE

2 tbsp. butter
1 tbsp. flour
1 cup boiling water
¼ cup sugar
1 tsp. vanilla

Mix the butter and flour, add the boiling water. After cooking a few minutes add the sugar. When the sugar is dissolved flavor with vanilla and serve. CONTRIBUTED

SAUCE FOR FROZEN PUDDING

Yolks of 3 eggs
1 tbsp. sugar
½ cup milk
Vanilla to taste
Whipped cream

Beat eggs well, add milk, sugar and vanilla. Simmer slowly but do not allow to boil. When cooled, add whipped cream.

MRS. NORMAN S. ESSIG

SAUCE FOR PUDDING

1 tbsp. butter
White of 1 egg
½ cup sugar
1 wineglass boiling water

Beat the butter, add sugar; beat well. Add well-beaten white of egg, also boiling water. Put bowl in boiling water, stir until it thickens like cream and serve.

MISS IRENE C. EISENBREY

PLUM PUDDING SAUCE

1 cup fine white sugar
½ cup butter
1 egg
1 wineglass wine

Beat thoroughly together. Scald (not boil) in double boiler.

Mrs. William H. Tenbrook

ANOTHER PLUM PUDDING SAUCE

4 whole eggs, beaten light, add 1 cup pulverized sugar
¼ cup melted butter

Mrs. William H. Tenbrook

HOT CHOCOLATE SAUCE

1 lb. brown sugar
2 oz. bitter chocolate, grated
1 oz. butter
¼ pt. cream or rich milk
1 tsp. vanilla

Boil together until it forms a soft ball when dropped in cold water.

Miss Marie A. Jones

CREAMY SAUCE

½ cup butter
1 cup powdered sugar
¼ cup cream or rich milk
1 tsp. vanilla

Beat butter to a cream, add sugar gradually, beating all the time. When light and creamy, gradually add flavoring, and then the cream. When all is beaten smooth, place in bowl in basin of hot water and stir until the sauce is smooth and creamy.

Miss Marie A. Jones

APPLE SAUCE

Wash and quarter 6 summer apples and remove cores. Cover with hot water and cook slowly until apples are tender, but do not lose shape. Add ½ cup sugar just before removing from fire.

Contributed

RHUBARB SAUCE

Wash and peel 8 large stalks of rhubarb. Cut into ½-inch pieces, and add almost enough cold water to cover. Boil gently

until the pieces are tender but still whole. Add sugar to taste and set aside to cool. Part of this juice may be poured off to make a fruit drink and the remainder served with the sauce.

CONTRIBUTED

HARD SAUCE, No. 1

1 cup butter **1 cup pulverized sugar**
2 eggs

Beat the butter to a cream. Add sugar gradually. Drop in 1 egg, then the white of another egg. Beat hard for 25 minutes.

MRS. PENROSE ROBINSON

HARD SAUCE, No. 2

½ cup butter
1 cup powdered sugar
½ tsp. lemon or vanilla
or
¼ tsp. nutmeg

Cream the butter, add the sugar gradually, beating until it is light and creamy. Add the flavoring and beat again.

MRS. NORMAN S. ESSIG

CHOCOLATE SAUCE FOR ICE CREAM

¼ cake chocolate
¾ cup milk
2 small cups sugar
Yolk of 1 egg

Mix chocolate with half of milk. Cook 10 minutes. Add sugar. Mix yolk beaten with rest of milk, add to rest and cook 10 minutes.

MRS. E. PUSEY PASSMORE

LEMON SAUCE

2 cups boiling water
1 cup sugar
3 tsp. cornstarch
1 tbsp. butter
Grated rind and juice of 1 lemon

Mix the sugar and cornstarch thoroughly, then add the boiling water. Cook 8 or 10 minutes, stirring constantly. Add the lemon rind and juice, then the butter. Stir until the butter has melted, then serve at once.

CONTRIBUTED

PEACH OR APRICOT SAUCE

1 tsp. cornstarch
½ cup sugar
1½ cups peach or apricot juice (heated)
Lemon juice if needed

Mix the cornstarch and sugar, add the heated fruit juice and cook 8 or 10 minutes. If not acid, add a small quantity of lemon juice. If too thick, add hot water. If not thick enough, cook a few minutes longer. Serve with peach or apricot pudding.

CONTRIBUTED

CARAMEL SAUCE

1 cup granulated sugar
½ cup boiling water

Melt the sugar in a French pan. Stir it until it is a light brown liquid. Pour boiling water into it and cook until the hardened sugar is melted. Serve hot with griddle cakes.

MRS. NORMAN S. ESSIG

STRAWBERRY SAUCE

1 cup sugar
½ cup butter
2 cups ripe strawberries, crushed

When butter and sugar are thoroughly creamed, add strawberries.

MRS. THOMAS S. DANDO

PLAIN SAUCE

1 dry onion, medium size
½ cup broth
1 lemon
Salt and pepper to taste

Take the remaining fat of any fried meat or fowl, or the drippings of broiled meat or fowl, and in it fry the finely chopped onion. Season to taste and after adding the broth, boil it until one-half of its former quantity remains. Squeeze the lemon in before serving.

MRS. G. A. VAN LENNEP

CREAM SAUCE

2 tbsp. butter
1 tbsp. flour
1 small bunch parsley
4 or 5 green onions
1 cup milk
Salt and pepper to taste

Chop fine the parsley and the green onions, and place into a suitable vessel with the milk, the butter and the flour. Season the whole to taste and boil until well cooked. If the mixture becomes very thick—before all the ingredients are fully cooked—add a little more milk to it. Mrs. G. A. Van Lennep

TOMATO SAUCE, No. 1

½ can tomatoes
1 cup water
2 cloves
2 allspice berries
2 peppercorns
1 tsp. mixed herbs
2 sprays parsley
1 tbsp. chopped onion
1 tbsp. butter
2 tbsp. flour
½ tsp. salt
⅛ tsp. pepper

Put the tomatoes, water, spices, parsley and herbs into a granite saucepan, and cook until the tomatoes are soft. Fry the onion in the butter until light brown, add the flour, then the tomatoes gradually, and cook slowly until the sauce thickens. Add the salt, pepper and cayenne and strain.

Mrs. Norman S. Essig

TOMATO SAUCE, No. 2

4 qts. cut tomatoes
¾ cup chopped red peppers
2¼ cups sugar
1½ cups chopped onions
½ cup salt
¾ pt. vinegar
1 tsp. ground cloves
1 tsp. ground cinnamon

Boil all together slowly about 6 hours, except the vinegar, which is added ½ hour before taking from the fire. If the peppers are not hot, add cayenne pepper to taste. This sauce does not need to be in airtight jars. Mrs. L. F. J. Hepburn

TOMATO SAUCE, No. 3

1 cup broth
3 or 4 ripe tomatoes
2 tbsp. butter
1 tbsp. flour
Salt and pepper to taste

Cut the tomatoes in the broth, season it to taste and boil well; after this is taken from fire, stir it for 5 to 10 minutes with the aid of a wooden spoon; then pass the whole through a metal sieve.

Again fry the flour in the butter and mix it with the strained tomatoes, add a little more broth and continue boiling for 20 minutes, or until it becomes fairly thick.

Mrs. G. A. Van Lennep

OYSTER COCKTAIL SAUCE

6 tbsp. catsup
6 tbsp. lemon juice
6 tbsp. oyster juice
1 tbsp. Worcestershire sauce
½ tbsp. grated horseradish
3 tbsp. vinegar
Salt to taste

Will serve 10 or 12 cocktails.

Mrs. Thomas S. Dando

COLD MEAT SAUCE AND GOOD SALAD DRESSING

Bit of garlic
1 green pepper, minced fine
3 tbsp. finely minced parsley
2 tbsp. finely minced onion
½ tsp. mustard
½ tsp. paprika
½ tsp. pepper
Pinch of thyme
Juice and pulp of 1 lemon
Juice and pulp of ½ orange
½ cup tarragon vinegar
⅔ cup salad oil
1 tsp. powdered sugar

Place in a Mason jar and shake the mixture until rich and creamy. Serve very cold.

Contributed

RANGELEY DRESSING

½ cup catsup
2 pimentos, chopped fine
2 onions, minced fine
A bit of garlic
Pulp of 1 lemon
½ cup vinegar
¾ cup salad oil
1 tsp. sugar
1 tsp. mustard
½ tsp. paprika
1 tsp. salt

Place in a Mason jar and shake until creamy.

Mrs. Joseph T. Richards

TARTAR SAUCE

½ pt. mayonnaise dressing
1 tsp. mustard
1 tsp. minced capers
1 tbsp. minced parsley
1 tsp. chopped pickles
A little onion juice

Beat for a few minutes.

Mrs. Harold B. Beitler

HOLLANDAISE SAUCE

½ cup butter
Yolks of 2 eggs
Juice of ½ lemon
1 tsp. salt
$\frac{1}{16}$ tsp. cayenne
½ cup boiling water

Cream the butter, add the yolks one at a time, and beat well; then add the lemon juice, salt and pepper. A short time before serving add the hot water. Place the bowl over boiling water, and stir until the mixture is the consistency of custard. Serve at once.

MRS. NORMAN S. ESSIG

TARTARE SAUCE

1 cup mayonnaise dressing
4 olives
1 tbsp. chopped pickle

Stone the olives and chop them fine. Add both the olives and pickles to the dressing, and beat thoroughly. If desired, 1 tbsp. tarragon vinegar may be added. Serve with smelts, lobster cutlets or cold meats.

MRS. NORMAN S. ESSIG

SAUCE FOR FISH

1 pt. hot water
½ cup butter
2 tbsp. flour
½ tsp. salt
Lemon juice or vinegar
Cayenne
Chopped parsley

Prepare in the same manner as white sauce. Hard-cooked eggs may be chopped or sliced and added to the same.

MRS. NORMAN S. ESSIG

HOT SAUCE

1 egg
½ pt. vinegar and water, mixed equal parts
2 tsp. mustard
Butter size of egg
2 or 3 tbsp. sugar

Beat the egg, then warm the butter, vinegar and water to the scalding point. To this add mustard, stirring all the time; now add sugar. Serve hot.

MRS. JOSEPH T. RICHARDS

MINT SAUCE

1 cup fresh mint (chopped)
¼ cup sugar
½ cup vinegar

Use only the leaves and tender tips of the mint. Dissolve the sugar in the vinegar and add the mixture to the mint. The sauce should stand 1 hour and should be heated over hot water just before serving. If the vinegar is very strong, more sugar may be added.

MRS. NORMAN S. ESSIG

SAUCE FOR CHICKEN

1 tbsp. butter or clarified chicken fat
2 tbsp. flour
Yolks of 2 eggs
1 pt. liquor in which chicken was cooked
Salt and pepper
1 tbsp. chopped parsley

Prepare the sauce in the usual manner, and pour it over the well-beaten yolks of the eggs.

CONTRIBUTED

CAPER SAUCE FOR BOILED MUTTON

⅓ cup butter
2 tbsp. flour
½ tsp. salt
⅛ tsp. pepper
1 pt. water in which mutton was cooked

Prepare in the same way as white sauce, and add 2 tbsp. of capers or more if desired.

CONTRIBUTED

MAÎTRE D'HÔTEL BUTTER

¼ cup butter
½ saltspoon pepper
½ tsp. salt
1 tbsp. chopped parsley
1 tbsp. lemon juice

MRS. NORMAN S. ESSIG

HOLLANDAISE SAUCE

½ cup butter
Yolks of 2 eggs
Juice of ½ lemon
1 saltspoon salt
¼ saltspoon cayenne pepper
½ cup boiling water

CONTRIBUTED

SAUCES

The art of preparing savory gravies and sauces is more important in connection with the serving of the cheaper meats than in connection with the cooking of the more expensive.

There are a few general principles underlying the making of all sauces or gravies, whether the liquid used is water, milk, stock, tomato juice, or some combination of these. For ordinary gravy 2 level tablespoonfuls of flour or 2½ tablespoonfuls of cornstarch or arrowroot is sufficient to thicken a cupful of liquid. This is true excepting when the flour is browned. In this case about one-half tablespoonful more should be allowed, for browned flour does not thicken so well as unbrowned. The fat used may be butter or the drippings from the meat, the allowance being 2 tablespoonfuls to a cup of liquid.

The easiest way to mix the ingredients is to heat the fat, add the flour, and cook until the mixture ceases to bubble, and then to add the liquid. This is a quick method and by using it there is little danger of getting a lumpy gravy. Many persons, however, think it is not a wholesome method and prefer the old-fashioned one of thickening the gravy by means of flour mixed with a little cold water. The latter method is, of course, not practicable for brown gravies.

Considering the large amount of discussion about the digestibility of fried food and of gravies made by heating flour in fat, a few words on the subject may not be out of order. It is difficult to see how heating the fat before adding the flour can be unwholesome, unless the cook is unskilful enough to heat the fat so high that it begins to scorch. Overheated fat contains an acrid irritating substance called "acrolein," which may be readily considered unwholesome. It is without doubt the production of this body by overheating which has given fried food its bad name.

The Flavor of Browned Flour.—The good flavor of browned flour is often overlooked. If flour is cooked in fat until it is a dark brown color a distinctive and very agreeable flavor is obtained. This flavor combines very well with that of currant jelly, and a little jelly added to a brown gravy is a great improvement. The flavor of this should not be combined with that of onions or other highly flavored vegetables. Contributed

PICKLES AND RELISHES

I could pick a little bit of pickled salmon, with a little sprig of fennel and a sprinkling of white pepper.—Dickens.

BORDEAUX SAUCE

1 gal. chopped green tomatoes
1 gal. cabbage
1 oz. black pepper
¾ lb. brown sugar
1 gill salt
1 oz. turmeric
1 oz. ginger
1 oz. celery seed
¼ lb. mustard seed
1 gal. vinegar

Mix spices together, add vinegar and pour this over the tomatoes and cabbage. Put in kettle and simmer gently for 25 minutes. Put in glass jars. When cool put on tops.

Mrs. John Wood, Jr.

MUSTARD PICKLE

3 qts. green tomatoes, coarsely cut
3 green peppers
3 red peppers
1 qt. small onions
1 qt. small cucumbers
1 pt. string beans and cut celery
1 pt. lima beans
1 head cauliflower

Soak all vegetables except peppers in brine over night—1 cup (large) salt to as much water as covers vegetables. Next boil in brine till tender. Boil peppers separately till tender. Drain all and mix together.

Mrs. George R. Sullivan

DRESSING

Boil 2 qts. cider vinegar and 1 pt. water, add paste made of the following:

6 tbsp. mustard
1 tbsp. turmeric
3 cups brown sugar
1 cup flour

Mix all with a little warm water and boil to a custard. Pour over vegetables and cook about 2 or 3 minutes, then put in jars.

Mrs. George R. Sullivan

INDIAN RELISH

½ peck green tomatoes
1 large head cabbage
6 peppers (3 red, 3 green)
8 large onions
½ cup salt (vegetables hot—stand 5 hours)
1 lb. granulated sugar
¼ pt. horseradish
1 oz. mustard
1 oz. celery seed
1 tsp. black pepper
½ oz. turmeric
2 qts. vinegar

Boil ½ hour. All must be cut very fine.

Miss Irene C. Eisenbrey

BEET RELISH

1 qt. boiled beets, chopped fine
1 pt. raw cabbage, chopped fine
1 pt. raw celery, chopped fine
2 cups sugar
1 tbsp. salt
1 tsp. black pepper
¼ tsp. red pepper
1 cup grated horseradish

Cover with vinegar (cold) and keep airtight.

Mrs. William E. Danner

CORN CHOWDER

1 doz. ears corn cut off
6 sweet peppers (3 red, 3 green)
1 head cabbage
2 stalks celery
6 onions

Chop this fine, add—

1 qt. vinegar
½ cup salt
Little celery salt

Boil 15 minutes. Take

1 qt. vinegar
½ cup sugar
2 tbsp. mustard
1 tsp. turmeric powder
½ cup flour

Add to first part and boil 15 minutes more. Seal hot.

Mrs. F. R. Savidge

CUCUMBER RELISH

1 qt. cucumbers, sliced fine (do not pare them)
1 onion, sliced fine
1 sweet green pepper, chopped fine

Sprinkle a small handful of salt in them and let stand 3 hours. Drain well and add—

1 cup brown sugar
1 tsp. mustard seed
1 very scant tsp. turmeric powder

Use vinegar enough to cover. Heat all together and cook 15 minutes. Seal while hot.

Mrs. L. F. J. Hepburn

CUCUMBER PICKLES

1 gal. cider vinegar (if sharp, dilute with water)
1 cup salt
1 cup sugar
½ cup Coleman's mustard
1 cup horseradish (grated or put through the meat-grinder)
15 cents worth of saccharine

This quantity of liquid will cover 100 pickles. Wash pickles and pour boiling water over them and let stand over night. Then put them in a large crock and add ½ doz. hot peppers (the small red ones) and 1 qt. of small silver-skinned onions, peeled, then add liquid. Cover the crock with heavy lid and let stand 2 months before using.

MRS. F. R. SAVIDGE

FRENCH PICKLE

½ pk. green tomatoes
6 onions
6 green peppers
1 large head cabbage

Chop all together. Add—

½ oz. ground mace
½ oz. cloves
½ oz. allspice
1 tbsp. salt

Put all in a kettle and cover with vinegar. Boil slowly for 2 hours.

MRS. L. H. RICHARDS

SPANISH PICKLE

¼ pk. green tomatoes
¼ pk. ripe tomatoes
6 green peppers
6 large onions
¾ qt. celery
2 tsp. each of allspice, cloves, cinnamon and black pepper
1 lb. sugar
3½ cups vinegar

Chop the vegetables and salt over night, in the morning drain, add the vinegar and other ingredients and cook all together until celery is tender (about 1 hour), then add a little turmeric powder, and bottle.

MRS. L. F. J. HEPBURN

CHILI SAUCE, No. 1

1 doz. tomatoes
1 cup vinegar
2 tbsp. salt
1 cup sugar
2 onions, chopped fine
2 green peppers

Cook until thick.

MRS. A. REED MCINTIRE

CHILI SAUCE, No. 2

18 large ripe tomatoes
6 green or red peppers
6 onions or apples
10 tbsp. brown sugar
1 or more tbsp. salt
4 cups strong vinegar

If spices are desired, season to taste. Boil.

Mrs. A. A. O'Daniel

CHILI SAUCE, No. 3

25 large tomatoes
5 onions
2 green peppers
2 tbsp. each of cloves, allspice, cinnamon, tied in a bag
1 tbsp. mustard
2 tbsp. celery seed
3 cups vinegar
1½ lbs. brown sugar
Salt to taste

Scald and chop tomatoes. Chop onions and peppers separately. Boil 1½ hours.

Mrs. Penrose Robinson

TOMATO SAUCE

36 ripe tomatoes
1 cup sugar
4 onions
2 tsp. mace
2 tsp. mixed spices
6 cloves of garlic or more, cut in fine slices
4 tbsp. salt
1 qt. vinegar, or more if needed

Chop all very fine and boil slowly for 4 hours. This should make 4 quarts and 1 pint.

Helen M. Wright

GREEN TOMATO PICKLE

1 pk. green tomatoes
1 lb. seeded raisins, chopped
1 lb. figs, chopped
1 pt. vinegar
3 pts. sugar
1 tsp. cinnamon
1 tsp. ginger

Slice tomatoes thin, cover over night in brine (1 cup of salt and 4 quarts of water). Drain and rinse. Put on vinegar, sugar and spices. When they boil put in the tomatoes, raisins and figs. Simmer for 1 hour. Drain. After which boil down the syrup until thick. Then add the rest to heat and place in small jars.

Mrs. Charles D. Hodge

TOMATO KETCHUP

12 ripe tomatoes
2 large onions
4 green peppers
2 tbsp. salt
4 tbsp. brown sugar
2 tbsp. ginger
1 tbsp. cinnamon
1 tbsp. mustard
1 nutmeg (grated)
1 qt. vinegar

Peel the tomatoes and onions. Chop the onions and peppers fine. Boil all the ingredients together for 3 hours, or until soft and broken. Stir frequently. Strain, heat again and bottle and seal while hot.

CONTRIBUTED

SHIRLEY SAUCE

2 doz. large ripe tomatoes
2 onions
8 red peppers
4 cups vinegar
3 tbsp. sugar
1 tbsp. salt

Chop tomatoes, onions and peppers very fine. Add vinegar, sugar and salt. Boil for 3 hours.

MRS. NORMAN S. ESSIG

GREEN TOMATO PICKLE

Cut in very thin slices 1 pk. green tomatoes, 2 doz. large onions; mix with them ½ pt. salt and let stand 24 hours. Squeeze dry and add—

1 oz. allspice
1 oz. ginger
1 oz. turmeric
2 oz. white mustard seed
2 oz. ground mustard seed
2 lbs. sugar

Cover with strong vinegar and let boil 20 minutes (spices ground and put in muslin bag). Two tbsp. equal 1 oz.

MRS. A. REED MCINTIRE

GREEN TOMATO MINCE MEAT

1 pk. green tomatoes
4 lbs. sugar
1 lb. seeded raisins
1 lb. currants
½ tsp. cloves
½ tsp. cinnamon
½ tsp. ground nutmeg
2 tbsp. vinegar
2 oranges
Juice of 1 lemon

Wash, pick over and chop the green tomatoes fine, place in colander and pour boiling water over 3 times, drain well each time. Place in preserving-kettle, add sugar, seeded raisins, currants, cloves, cinnamon, ground nutmeg. Bring to boiling point, cook till tender, add vinegar, oranges, juice and rind chopped fine, juice of lemon. Cook up once. Seal hot.

Mrs. F. R. Savidge

GREEN TOMATO PICKLE

1 pk. green tomatoes
8 onions, sliced thin

Put in water with 1 cup of salt and let stand ½ hour. Then drain and shop.

3 pts. vinegar
2 lbs. sugar
½ lb. mustard seed
4 green peppers, chopped

Put in bag:

2 tsp. ground allspice
2 tsp. ground ginger
2 tsp. ground cinnamon
2 tsp. ground cloves

Boil all together 30 minutes. Put in jars hot and seal.

Mrs. Herbert Fox

MUSTARD PICKLE

2 qts. small onions
2 qts. small cucumbers
2 qts. small green tomatoes
2 small or 1 large cauliflower

Salt cucumbers and green tomatoes over night. Cook cauliflower and onions separately in salted water until tender, then drain.

Dressing:

1 gal. vinegar
2 lbs. brown sugar
1 cup flour
½ lb. ground yellow mustard
1 tbsp. turmeric

Add brown sugar to vinegar—if too strong, dilute. Stir in a separate dish the flour, mustard and turmeric. Stir smooth with some of the cold vinegar. Add the pickles to the vinegar, and when it comes to a boil, stir in the mixture and let it boil up good.

Mrs. F. Dinwiddie Walker

SPICED PEACHES

1 pt. vinegar
7 lbs. pared fruit
3 lbs. granulated sugar
½ oz. whole cloves
½ oz. stick cinnamon

Tie cloves and cinnamon in bags; boil sugar, vinegar and spice for a few minutes; pour over fruit; let stand until next day. Pour off all juice and spice bags; let come to a boil; pour again over peaches. The third day cook peaches and juice until peaches are tender; if necessary, take peaches out of the juice and allow that to boil longer. Put in jars or crocks and serve with meats.

Mrs. William E. Hetzell

SWEET PICKLE SOUR CHERRIES

Stone cherries, put in stone crock, cover with vinegar, let stand 24 hours. Drain. Have equal weight of sugar and cherries, arrange in layers. Stir for 9 days. Put in jars with rubbers. No cooking. Use wooden spoon. Keep well covered while making to avoid flies.

Mrs. F. R. Savidge

SALADS AND DRESSINGS

They haue also a Sellet of haerbes and a sawcer of vineger set on the Table.—Purchas, Pilgrimage.

SALAD COMBINATIONS

Mrs. P. Brooke Bland

AIGLON. (Bowl.) Lettuce in chiffondale, tomatoes, French string beans, and truffles in julienne, light cream mayonnaise with anchovy sauce.

ALBERT. Romaine escarole and chicory cut in half lengths, fine herbs, grilled bacon.

ALBERT 1. Heart of endive, alternate slice of alligator pear and orange, thin slices of truffles.

ALBERTA. Slices of pineapple, hearts of cream cheese, red and green peppers, paprika.

ALBERTINE. Heart of romaine, alligator pear, oranges, grapes (pitted and skinned).

ALEXANDRA. Heart of romaine, julienne of celery, grape-fruit in slices, red peppers, chopped nuts, mayonnaise.

ALICE. Heart of romaine, slices of grape-fruit and orange, chopped green peppers and walnuts, French dressing.

ALMA. Heart of romaine, grape-fruit, orange and alligator pear, julienne of pimentos.

AMELIA. Heart of endive, slices of apple, Russian dressing.

AMERICAINE. (Bowl.) Chicory, potatoes, tomatoes, celery, fine herbs, French dressing.

ANNA. Heart of lettuce, sliced tomatoes, celery and apples in julienne.

APPLE. Apple, orange, chestnut, celery, lemon juice, sugar.

ASPARAGUS. 1 can, ½ cup cheese; mix; 1 cup cream.

BASTO. (Bowl.) Escarole celery, apples and green peppers, in julienne in vingrette.

BEAN. 2 cups lima beans, 1 cup peanuts, celery salt.

BEATRICE. Heart of lettuce, string beans in center, sliced beets en dordure, French dressing.

BEET. Cut out centers; mix with chopped celery, nuts, salt, lemon juice, dressing. Refill.

BELVEDERE. (Bowl.) Chicory escarole, sliced apples and beets, mayonnaise with chili sauce.

BONTON. Heart of lettuce, asparagus tips, sliced tomatoes, French dressing.

CABBAGE. Shredded cabbage, walnut pieces, salt, 1 sweet pepper.

CARDOM ROUGE. Heart of lettuce, celery knobs in slices, border of diced beets.

CAROLINA. Heart of endive, julienne of apples, French string beans, light mayonnaise.

CATRICE. Heart of lettuce, alternate sections of orange and tomato.

CELERY. Equal parts celery hearts, apples, walnuts, lemon juice, cream.

CHATELAINE. Romaine and water-cress, asparagus tips and beets.

CHERRY. 2 cups red cherries, exchange pits for cracked hazel nuts. Serve in cups made from orange skins.

COMTESSA. (Bowl.) Chicory and romaine, artichokes, cucumbers, tomatoes in quarters.

CRANBERRY. Cut jelly into cubes; sprinkle with chopped pecans.

CREOLE. Heart of lettuce, ¼ tomato, timbale of rice in center, decorate with fancy cut green peppers, Russian dressing.

CUCUMBER. Cut up cucumbers, tomatoes, celery, nuts and green pepper.

DATE. Dates, apple and pecan nuts, mayonnaise.

DEJANIRE. Heart of lettuce, pineapple, orange and tomatoes in dice, red dressing.

DERNIDOFF. Leaf of lettuce, slice of pineapple, apples, celery and endive in julienne, truffles in dices.

DIPLOMATE. Heart of lettuce, pineapple, apples and celery in julienne, chopped walnuts.

DUCHESSE. Leaves of lettuce, asparagus tips, slices of apple, celery in julienne, finely chopped truffles.

EVA. Heart of romaine, sliced artichoke bottoms, asparagus tips, chopped truffles.

EXCELSIOR. Apples scooped out filled with chopped celery and nuts, serve in slice of pineapple, mayonnaise, with paprika.

FAVORITA. Lettuce, slices of alligator pear, small diced celery, pimentos, ripe olives.

FIG. Equal parts figs, dates, nuts, pineapple, lemon juice, sugar, whipped cream.

FLORIDA. Shell of banana, celery in julienne, bananas in dice, slice of grape-fruit, mayonnaise with cream and paprika.

FROU FROU. (Bowl.) Chicory escarole, celery, beets, truffles, and white of eggs all in julienne chervil.

GERTRUDE. Heart of endive, water-cress, julienne of mushrooms, red dressing.

GOUMAND. Heart of lettuce, orange, apple and pears.

GRAPE. 2 cups white grapes, skins and seeds removed; 1 cup pecans.

GRAPE-FRUIT. Remove pulp with sharp knife from oranges and grape-fruit.

GUILLAUME. (Bowl.) Water-cress, potatoes and artichokes in dice, slices of hard-boiled eggs, radishes, French dressing with paprika.

GULCISE. Heart of romaine, asparagus tips, celery, mushroom truffles in julienne.

GWENDOLINE. (Bowl.) Leaves of chicory and lettuce, celery in julienne, apples, red and green peppers, mayonnaise thinned with tarragon vinegar.

HERMON SEMN. Half a grape-fruit scooped out, line with lettuce, pieces of orange and grape-fruit, artichoke bottom, cut in 8 pieces. Decorate with star of red pepper, truffles.

HORTENSE. Heart of romaine, julienne of celery, apples and carrots, French dressing.

IMPERIAL. Heart of romaine, asparagus tips, filet of anchovies, truffles in julienne.

JAPONAISE. Heart of romaine, slices oranges, red peppers, light cream mayonnaise.

JOCKEY CLUB. Heart of romaine, celery knobs, truffles and artichoke bottoms in julienne.

JOSEPHINE. (Bowl.) Lettuce, slices of beets, potatoes and celery knobs.

JULIENNE. (Bowl.) Chicory escarole, carrots, celery knobs, haricots verts, green peas, all mixed with French dressing. Serve mayonnaise separate.

JULIETTE. Leaves of lettuce, French string beans, celery in julienne, celery knobs, artichokes, truffles.

KUROKI. Heart of romaine, oranges and grape-fruit and apples. Decorate with red peppers.

LILY. Hollow out ½ lettuce, small balls of cream cheese, red Bar le Duc jelly, cream dressing.

LORENZO. (Bowl.) Lettuce and water-cress, pears in quarters, chopped English walnuts.

LORETTE. Fetticus, sliced beets, sliced celery knobs.

LORRAINE. Chopped pears and beets. Serve on lettuce leaves.

LOUISE. Heart of lettuce scooped out, celery and apples chopped, 4 hothouse grapes, cherry in center.

MARGUERITE. (Bowl.) Chicory with endive, radiating from center, chopped yolk of eggs.

MARIE. (Bowl.) Lettuce, asparagus from center in julienne of celery, pickled walnuts.

MARIE JOSE. Heart of lettuce, asparagus tips, French string beans, French dressing.

MARQUISE. Tomatoes scooped out filled with pearl onions, and small diced celery on lettuce leaves, red dressing.

MATHILDE. Romaine, sliced alligator pear, apples and cucumbers, chopped walnuts.

MELBA. (Bowl.) Endive, finely cut apples, French dressing with currant jelly.

MERCEDES. Heart of lettuce, celery, beets and truffles, light cream mayonnaise.

MERRY WIDOW. Heart of romaine, alternate slices of alligator pears, strips of red and green peppers.

MY LADY. Lettuce, slices of pineapple, orange, grape-fruit, and slices of apple upright. Decorate with cherries, mayonnaise with whipped cream.

NICAISE. (Bowl.) Lettuce, potatoes in dice, three pieces of tomatoes, string beans, pimolas.

ORANGE. Remove pulp and cut with boiled chestnuts.

ORIENTAL. Endive, lettuce, tomatoes, red peppers and pineapple, light mayonnaise with paprika.

PEACH. 5 large peaches, 1 orange, 1 cup white grapes seeded and skinned, ½ cup cherries, 1 cup powdered sugar.

PINEAPPLE. 1 cup pineapple, 3 oranges, 3 bananas, 2 cups celery, 1 cup cream.

POMMESDEN. Apple hollowed out. Make a macedoine of asparagus tips, French string beans, green peas, red and green peppers, mayonnaise. Sprinkle with chopped truffles.

PLAZA. Heart of endive, pears and grape-fruit, plaza dressing.

POTATO. Potato cubes, chopped celery, apple, parsley, cream.

POTATO. Small slices potato, cucumber, onion, beet, sift yolk.

PRILO. (Bowl.) Chicory, tomatoes, celery, artichoke bottoms, potatoes all in dice, chopped truffles.

PURITEMPS. Romaine escarole, tomatoes and asparagus tips.

ROYAL. Romaine, water-cress, thick slice of tomato, celery in julienne, French dressing.

ST. GEORGE. (Bowl.) Chicory and apple in julienne, dressing of whipped cream with horseradish and lemon juice.

SARATOGA. Heart of romaine, slices of grape-fruit, and bananas, cherries in half, diced green peppers.

SERENA. Romaine, alligator pear, tomato and celery, light cream mayonnaise.

SERVILLANE. Scooped orange filled with diced apples, celery and pineapple, chopped nuts and mayonnaise with cream and paprika. Decorate with truffles and pimentos.

SICILIENNE. Scooped orange, diced apples, celery and pineapple, chopped nuts mixed with mayonnaise with paprika, Decorate top with truffles and pimentos.

TERESA. (Bowl.) Romaine, celery, apple and potatoes in julienne, light cream mayonnaise.

TOMATO. Alternate sliced tomato and cucumber. French dressing.

TOMATO. Remove inner portion. Refill with equal parts celery, apple, nuts, all chopped fine.

TRIANON. Tomato hollowed out, julienne of celery with lettuce. Serve on lettuce leaves.

TURQUOISE. Escarole, celery, pineapple, and pimentos in julienne, mayonnaise.

VALENCIENNES. Heart of lettuce hollowed out, celery in dice, slices of hard-boiled eggs, strips of truffles.

VENITIENNE. (Bowl.) Lettuce, beets, celery knobs, French string beans, apples in julienne, French dressing with paprika.

VERA. Heart of lettuce or romaine, small quartered tomato, artichoke bottoms, red and green peppers, cream dressing with lemon juice.

VIENNOISE. Heart of lettuce scooped out, celery in dice, slices of hard-boiled eggs, truffles in julienne, French dressing.

ZEPHYR. Heart of endive, grape-fruit, julienne of pickled walnuts, cream mayonnaise with paprika.

SALAD LILLIAN

Have half a heart of crisp, white lettuce for each person, and, with a sharp knife, scoop a little depression in the cut side of each heart and slice a bit from the other side that it may stand firm on the salad plate. Make four tiny oval balls of cream cheese for each nest of lettuce, and dust with paprika. Place in the "nest" and pour some red currant Bar le Duc around each one, and serve with French dressing seasoned with paprika and some tiny toasted saltines. *The Epicure*, Boston

FROZEN SALAD, No. 1

1 pkg. cream cheese
½ cup mayonnaise
1 small can pineapple
½ can white cherries
10 marshmallows (diced)
¼ lb. pecans or walnuts
1 qt. whipped cream (unsweetened)
Lettuce

Cream the cheese with mayonnaise. Cut up pineapple and cherries and let drain well. Add marshmallows, pecans or walnuts, and whipped cream. Pour into mold and freeze.

Mrs. Willis F. Manges

FROZEN SALAD, No. 2

1 cup fruit: oranges, pineapples, bananas and cherries
1 cup whipped cream
¾ cup dressing

Dressing

1 tbsp. butter
Yolks of 2 eggs
3½ tbsp. flour
3½ tbsp. sugar
1 tsp. salt
½ tsp. paprika
¼ cup vinegar (teacup)
Dash cayenne pepper

(Level measuring)

Cook in double boiler. Place in mold; cover with waxed paper. Pack for 2 hours in equal parts of chopped ice and ice cream salt. Serve with juice left from fruit. This will make enough for 8 persons. Mrs. Edward Cadwallader

FROZEN FRUIT SALAD, No. 3

1 can white cherries, stoned
1 can pears
3 oranges
4 grape-fruit
1 lemon (unless oranges are very sour)
1 pt. oil mayonnaise
1 pt. cream, whipped

Cut fruit the size of cherries and mix with mayonnaise and cream (1 can of peaches and 1 of pineapple may be added if desired). Pack in a freezer and turn very slowly until frozen. No longer. Serve on crisp lettuce. EVELYN MERWIN

FROZEN FRUIT SALAD, No. 4

1 cup mayonnaise
1 cup whipped cream
1 tsp. gelatin dissolved in 1 tbsp. hot water
1 cup mixed fruits

Whip cream first, then add the mayonnaise, then gelatin (cooled), and then fruit. Pack in 1-lb. baking-powder boxes and pack in ice and salt and let stand 3 hours. Slice and serve on lettuce with a fruit garnish. This is a nice summer salad.

MRS. HAROLD DELANCEY DOWNS

FROZEN PEAR SALAD, No. 5

One can of pears frozen in can without unsealing. Freeze 5 hours, remove from can and cut in ½-inch slices across the mold and serve with mayonnaise dressing with chopped olives (mix them in it), arrange on a nest of lettuce leaves.

MRS. HAROLD DELANCEY DOWNS

EGG SALAD

Cook 6 eggs until hard. Cut the whites in rings, and arrange them on crisp lettuce leaves, sifting over them the yolks of 4 of the eggs. It may be done by pressing them through a fine wire sieve. Serve the mayonnaise in a bowl for this salad. A second method is to put the mayonnaise over the lettuce leaves, and over that the white rings and the sifted yolks. CONTRIBUTED

SPINACH AND CREAM CHEESE SALAD

½ of a 10-cent cream cheese
½ cup cooked spinach (sifted)
Little salt and cayenne pepper
1 tsp. salad oil

Put all in with the cheese, mixing well, and form in small balls, putting 3 in a nest of lettuce (for each person), and cover with French dressing. This will serve 3 or 4 persons.

Mrs. Edward S. Crocker

TOMATO SALAD

Stuff a ripe tomato with cream cheese, arrange on lettuce, and serve with dressing made of—

3 tbsp. vinegar
4 tbsp. olive oil
1 tsp. granulated sugar
1 tsp. powdered mustard
1 tsp. salt
1 tsp. paprika
Piece of onion

Miss M. W. Lovell

TOMATO JELLY

1 can tomatoes
½ box Nelson's, or 2 tbsp. granulated gelatin
½ cup cold water
2 tsp. salt
1 piece bay leaf
3 peppercorns
1 tsp. sugar
1 slice onion
3 cloves

Soak the gelatin in the cold water until soft. Cook the tomatoes and seasoning (except salt) for 20 minutes. Strain and add salt. Pour the hot liquid over the softened gelatin, stir until it is dissolved. Then pour into custard cups, which have been wet with cold water. Serve very cold on lettuce leaves with mayonnaise dressing.

Mrs. Norman S. Essig

JELLIED CHICKEN

1 cup diced chicken
1 cup celery
A little pimento
1 pt. chicken stock
1 envelope Knox's gelatin

Heat stock and dissolve gelatin. Put salad in mold and pour stock over. When cool, serve on lettuce leaves with mayonnaise.

WHIPPED CREAM DRESSING

2 tbsp. sugar
2½ tbsp. milk
½ tsp. salt
2½ tbsp. vinegar
2 eggs

Mix sugar and salt with milk; add well-beaten eggs; then add vinegar slowly, beating constantly. Cook until it thickens. Let cool, then fold in 1 pint of whipped cream.

HELEN M. WRIGHT

CHICKEN SALAD (Carême's Recipe)

Take some tender pullets; fry them in the sauté pan, or roast them; when cold, cut them up, skinning and trimming them neatly. Put the pieces into a tureen, with some salt, pepper, oil, vinegar, some sprigs of parsley, and an onion cut into slices; mix all well together; cover, and let stand for some hours; then, just before serving, drain the salad, taking care to remove all bits of onion, etc., and place it tastefully on lettuce leaves, with the hearts of the lettuce on top, and cover with a mayonnaise dressing.

CONTRIBUTED

GINGER ALE SALAD

1½ tbsp. gelatin
2 tbsp. cold water
⅓ cup boiling water
2 tbsp. sugar
Juice of 1 lemon
Salt
1 cup ginger ale
⅓ cup preserved ginger, cut fine
⅓ cup celery, cut fine
⅓ cup white grapes, skinned and halved
⅓ cup shredded pineapple

Soak gelatin in the cold water for 5 or 10 minutes. Then add the boiling water and stir well. Add sugar, lemon juice, the tiniest pinch of salt and the ginger ale. Set aside to cool and when it just begins to jell, but before it becomes set, add celery, ginger, white grapes, pineapple. This makes 5 or 6 individual molds. Serve with any good mayonnaise into which has been beaten 1 cup of whipped cream. Or make into 1 ring mold and fill center with the cream mayonnaise. Can be made the day before using.

MRS. ROBERT E. KLINE, Boston

PALM BEACH SALAD

Arrange on individual salad plates a ring of small white heart lettuce leaves and place a ring of preserved pineapple in the center. Arrange on this a star of alternate slices of grape-fruit and orange, nicely peeled, and serve with French dressing.

MRS. NORMAN S. ESSIG

RUSSIAN SALAD

1 can French peas
1 can French beans
1 doz. olives, chopped
1 tbsp. capers and chopped pickles
1 cup celery (cut not too fine)

Wipe the vegetables dry before mixing with a mayonnaise dressing made with gelatin. It can be made in 1 mold or is nicer in individual molds, cups ⅓ full. Served on lettuce leaf. Oil the mold.

MRS. A. REED MCINTIRE

ORANGE SALAD

Peel and slice thin oranges, arrange on water-cress, over them sprinkle the meat of chopped walnuts. Make French dressing, using lemon juice instead of vinegar; pour over the whole.

MRS. HORATIO C. WOOD, JR.

INDIVIDUAL PRUNE AND KUMQUAT SALAD

6 prunes
2 kumquats
3 marshmallows
Boiled salad dressing
Lettuce

Soak the prunes for a few hours, then carefully remove the pits. Drain well. Fill the seed-cavities with a mixture of marshmallows and kumquats cut in small pieces with sharp scissors. For serving arrange in a nest of lettuce and pass the dressing.

MRS. GEORGE FETTEROFF

GRAPE AND STRAWBERRY SALAD

Seed sufficient quantity of white grapes. Mix with mayonnaise and serve on lettuce leaves. Garnish with strawberries.

MRS. NORMAN S. ESSIG

FRUIT SALAD

Malaga grapes
Oranges
Pineapple
Grape-fruit
Marshmallows

After removing seeds and skins of equal portions of pineapple, oranges, Malaga grapes and grape-fruit, add marshmallows mixed with mayonnaise and whipped cream. Serve on lettuce leaves.

MISS M. W. LOVELL

MELON SALAD

Pare and slice lengthwise a small melon, cut in narrow pieces and place on lettuce leaves in the form of petals of a flower. Fill the center with small cream cheese balls that have bits of pimentos in. Use plain French dressing.

Miss M. W. Lovell

GRAPE SALAD

2 eggs
¼ cup vinegar
¼ tsp. mustard
3 tsp. soft sugar
Pinch of salt and pepper
1 tbsp. butter
½ cup milk
½ pt. thick cream
2 lbs. Malaga grapes
1 cup nuts

Mix eggs, vinegar, mustard, sugar, salt, pepper and butter. Heat and add milk. Stir until it thickens. When cold and shortly before serving stir cream, beaten stiff, into the dressing. Mix dressing over 2 lbs. Malaga grapes, seeded, and one cup of nuts (pecans, English walnuts or hickory). Serve on lettuce leaves.

Mrs. George Dunbar Shewell

PEACH SALAD

If you have a few pieces of canned peaches or pears in the ice chest, serve on lettuce and fill the center with mayonnaise with a little cut-up celery in it.

Miss Marie A. Jones

APPLE SALAD

Cut 3 apples in small square pieces, add a few stalks of celery cut in small pieces and 10 cents' worth shelled walnuts or pecans, mix with mayonnaise and serve on lettuce.

Miss Marie A. Jones

VEGETABLE SALAD

Two cups boiled potatoes, diced and marinated with French dressing. Let this stand several hours if possible. Add 1 onion sliced thick, and any vegetable that may be in ice box, such as cabbage, cucumbers, string beans, or celery, pour on a mayonnaise and cream dressing and garnish with beets or tomatoes.

Miss Marie A. Jones

PRUNE SALAD

Take cooked prunes and remove the stones, stuff with pecan meats and serve on lettuce with French dressing.

Miss Marie A. Jones

CARROT SALAD

When carrots are left from a stew wash them and serve on lettuce with French or oil mayonnaise dressing. Carrots are better flavored cooked this way. Miss Marie A. Jones

BOILED SALAD DRESSING, No. 1

1 cup milk
2 tsp. flour
Yolks of 3 eggs
¼ tsp. mustard
Butter size of a walnut
Vinegar, salt, pepper

Blend flour and mustard with a little of the milk. Beat up eggs and add to the flour and mustard, then put in the remainder of the milk. Cook in a double boiler until thick. Take from the fire and add butter, some vinegar, salt and pepper to taste, beating it in well. Set it aside to cool and then pour into a pint jar ready to be placed in the ice box. In cool weather this will keep several days.

This is a delicious dressing when olive oil cannot be used.

Miss Violette T. Haines

BOILED SALAD DRESSING, No. 2

2 tbsp. butter
1 tbsp. flour
1 tbsp. sugar
1 tsp. salt
1 cup sour cream
1 cup vinegar (half water)
3 eggs
Little mustard
Dash of red pepper

Cook in double boiler until creamy.

Mrs. T. S. Dando

BOILED SALAD DRESSING, No. 3

2 tsp. mustard
2 tsp. sugar
1 tsp. flour
1 egg
1 cup milk
1 tbsp. vinegar
½ tsp. salt

Let milk come to boil, add egg into which the mustard and sugar and flour have been well beaten. Stir over fire until mixture thickens; add vinegar, take from fire, add salt.

Mrs. G. A. Van Lennep

SALAD DRESSING

1 tbsp. oil
1 tbsp. mustard
1 tbsp. salt
1 tbsp. sugar
3 eggs
⅔ cup vinegar
⅔ cup milk or cream

Mix oil and mustard until smooth, add to this salt and sugar. Mix all thoroughly. Now add eggs (well beaten), vinegar and milk or cream. Cook like custard. The above salt and sugar must be used according to taste.

Contributed

FRUIT SALAD DRESSING

2 baked potatoes
1 tbsp. butter
Yolk of 1 egg
1 tbsp. sugar
Juice of 1 lemon
2 tbsp. pineapple juice
½ cup whipped cream

Skin the baked potatoes and heat in butter. Add the egg yolk, sugar, lemon juice and pineapple juice. Just before serving add whipped cream.

White grapes and pineapple on lettuce leaves make a splendid combination for the above dressing.

Mrs. A. Reed McIntire

CHEESE

To a cake of pimento cheese add mayonnaise, chopped olives and onion juice to taste. Mold into balls to serve with salads.

Mrs. A. Reed McIntire

WHIPPED CREAM DRESSING FOR FRUIT SALAD

2 tbsp. sugar
2½ tbsp. milk
½ tsp. salt
2½ tbsp. vinegar
2 eggs

Mix sugar and salt with milk, add eggs well beaten. Add vinegar slowly, beating constantly to prevent curdling. Then

cook in double boiler until it thickens, stir until smooth, let cool. Then fold in cream whipped stiff.

Mrs. John Wood, Jr.

CREAM MAYONNAISE DRESSING

Yolk of 1 egg (beaten)
1 cup oil added drop by drop while being beaten
½ tsp. salt
Paprika
1 tbsp. lemon juice
1 pt. whipped cream

Mrs. Norman S. Essig

DRESSING FOR FRUIT SALAD

½ cup sugar
1 tbsp. flour
Juice of 2 oranges
Juice of 1 lemon
1 egg
½ cup water
or
½ cup pineapple juice
1 tsp. butter
1 cup whipped cream

Blend sugar and flour together; add juice of oranges and lemon; well-beaten egg, water, or better, use instead ½ cup juice from a can of pineapple; add butter. Cook over low blaze, stirring constantly until thick. Let cool and place on ice until ready to serve, then add whipped cream.

This dressing is good served with a salad of white lettuce hearts on which are placed whole cooked prunes which have been carefully pitted and stuffed with walnuts and cream cheese.

Mrs. Robert Kline, Boston

SWEET BOILED DRESSING

1 tbsp. cornstarch
3 tbsp. sugar
½ tsp. mustard
½ tsp. salt
Dash of pepper
1 egg
1 cup cream
⅓ cup vinegar
2 tbsp. butter
½ cup thick whipped cream

Rub cornstarch, sugar, mustard, salt and pepper all together in a saucepan until well mixed, then add egg; beat until smooth and light. Then add cream and when thoroughly blended beat in vinegar that has been heated to the scalding point, with butter. Stir constantly until it begins to thicken, remove from fire and

beat 5 minutes and set away to cool. If desired, stir in whipped cream before serving. This is for fruit salad.

MRS. A. REED MCINTIRE

BOILED DRESSING

Shaved cabbage
1 tsp. salt
½ tsp. mustard
Cayenne
1 tsp. sugar
1 egg
½ cup milk (heated)
1 tsp. butter
¼ cup vinegar (heated)

Shave the cabbage very fine, using about 2 cups. Mix the salt, mustard, cayenne and sugar together until perfectly blended; add the egg (unbeaten), and pour the heated milk on this mixture. Return to the double boiler, add the vinegar and butter. Cook until it thickens. If it curdles, place the upper part of the boiler in a pan of cold water and beat the custard with an egg-beater until it is smooth. Strain it and pour it over the shaved cabbage.

CONTRIBUTED

MAYONNAISE SALAD DRESSING WITH GELATIN

3 gills olive oil
Yolks of 4 eggs
½ oz. powdered mustard
3 oz. vinegar
⅛ oz. gelatin
4 oz. cream
1 saltspoon salt
Cayenne

Put the yolks of eggs in china bowl and rub the mustard into them until smooth, then drop in oil slowly and stir briskly with wooden spoon. Dissolve the gelatin in a little water gently warmed and when cool beat it well with the cream (which should be rich). Add salt and pepper, stir the whole into the sauce and work all thoroughly into a thick, creamy paste. Keep in a cool place till needed for use.

MRS. A. REED MCINTIRE

MAYONNAISE DRESSING

1 tsp. mustard
1 tsp. sugar
¼ tsp. salt
Cayenne
Yolks of 2 eggs
1 cup olive oil
2 tbsp. vinegar
2 tbsp. lemon juice

Mix the mustard, sugar, salt and cayenne until well blended. Add this mixture to the yolks; then add a few drops of oil until ½ cup has been used, beating with an egg-beater or wooden spoon; then add alternately the vinegar, lemon juice and remainder of oil. It should be a thick dressing, and not put upon the meat until ready to serve. Cover the meat or lobster first with French dressing, allowing sufficient time to season thoroughly. The mayonnaise may be served separately. If the dressing curdles, take the yolk of an egg and add gradually the dressing to it, and it will become smooth. MRS. NORMAN S. ESSIG

MAYONNAISE

1 egg
1 tsp. sugar
½ tsp. salt
½ tsp. mustard
Pinch of paprika
½ tbsp. lemon
½ tbsp. vinegar
1 cup Wesson oil

Mix whole egg, salt, mustard, sugar, paprika, lemon and vinegar together in a large bowl, using a Dover beater. Pour oil in, full tablespoon at a time. This dressing should be made in 5 minutes. MRS. S. BLAIR LUCKIE,
Vice-President, Eastern District

MAYONNAISE DRESSING

Yolks of 2 eggs
½ tsp. salt
½ tsp. pepper
¼ tsp. mustard
4 tbsp. vinegar or lemon juice
2 cups olive oil
4 tbsp. boiling water

Beat the yolks, add the seasonings and beat again; then beat in the vinegar or lemon juice, using an egg-beater; add 1 tsp. of the oil and continue beating; add oil, teaspoon at a time, 4 or 5 times, beating vigorously meanwhile, then add the oil by the tablespoon until all has been used. Finish with the boiling water, beating it in in the same manner as the oil.

MRS. G. U. REHFUSS

FRENCH DRESSING

¼ tsp. salt
⅛ tsp. pepper
3 tbsp. oil
1 tbsp. vinegar

Mix in order given, adding the oil slowly. This dressing may be used with vegetables, also over veal, chicken or lobster to season the meat before putting on the mayonnaise dressing.

Mrs. Norman S. Essig

FRENCH DRESSING

½ tsp. salt
¼ tsp. white paprika and dark paprika
6 tbsp. olive oil
2 tbsp. vinegar
¼ tsp. onion juice

Beat all together.

Miss M. W. Lovell

If sweet milk is used take 2 tsp. cream of tartar and 1 tsp. of soda. Bake as a loaf or in 2 layers.

MOCHA ICING

1 tbsp. melted butter
2 cups pulverized sugar
1 dessertspoon ground coffee
2 tsp. cocoa
Vanilla

Mix melted butter and sugar together. Boil ground coffee in ½ cup of water 15 or 20 minutes. Then take 2 tbsp. of the coffee and cream all three together. Then add cocoa and vanilla.

MRS. WILLIAM E. DANNER

CHOCOLATE CAKE, No. 1

4 eggs
2 squares chocolate (dissolved in 3 tbsp. hot water)
1½ cups sugar
½ cup milk
½ cup butter (well creamed with sugar)
1¾ cups flour
1 tsp. vanilla
1 heaping tsp. baking powder

Bake 45 minutes.

FILLING

2 cups powdered sugar
Butter (size of a walnut)
2 tbsp. cocoa
1 tbsp. vanilla

Dissolve in coffee (about ¼ cup).

MRS. ARTHUR L. BUNTING

CHOCOLATE CAKE, No. 2

2 cups sugar
½ cup butter
1 cup milk
3 eggs
3 cups flour
3 tsp. baking powder

Bake in 3 or 4 layers.

FROSTING AND FILLING

¼ cake (full) Baker's chocolate
5 tbsp. milk
1 cup pulverized sugar

Scrape the chocolate and put it on the back of the range to melt. When melted, stir in the milk and sugar, and let it boil 5 minutes, stirring constantly to keep from burning. Spread on top and between layers. It does not thicken until cold.

MRS. A. A. O'DANIEL

CHOCOLATE CAKE, No. 3

½ lb. butter
6 eggs
2 cups granulated sugar
2 cups flour
1 heaping tsp. baking powder
1 tsp. vanilla
½ lb. Baker's chocolate (melted)

Beat butter and sugar to a cream, add yolks of eggs well beaten, keep beating and add milk slowly, then the flour. Beat very light. Beat whites of eggs stiff, add gradually to the mixture. Stir in the chocolate after melting. Beat thoroughly, add baking powder and vanilla. MRS. GEORGE R. SULLIVAN

CHOCOLATE CAKE, No. 4

1 cup sugar
1 egg
1 heaping tbsp. butter
½ cup sour milk (or sweet)
1 small tsp. soda
¼ cup grated chocolate
1½ cups flour
1 tsp. vanilla

Cream the sugar, egg and butter. Add sour milk (or sweet milk), soda, chocolate melted in a little hot water, flour and vanilla. Bake as loaf or in 2 layers. If sweet milk is used, then use both soda and cream of tartar—one tsp. soda, 2 tsp. cream of tartar. MRS. G. C. CHANCE

CHOCOLATE CAKE, No. 5

1½ cups sugar
½ cup butter
½ cup milk
1¾ cups flour
2 tsp. baking powder
3 eggs
¼ lb. grated chocolate
5 tbsp. sugar

Add boiling milk until a thick paste and add to the batter. Bake in small pans. MRS. HERBERT FOX

CHOCOLATE CAKE, No. 6

2 oz. chocolate
⅓ cup butter
1½ cups sugar
4 eggs
½ cup milk
3 tsp. baking powder
1 tsp. vanilla
2 cups flour

Dissolve the chocolate in 5 tbsp. of boiling water. Cream the butter, add the sugar gradually, beating all the while. Separate the eggs and beat the yolks and add them to the butter and sugar;

then add the milk, then the melted chocolate, cooled vanilla, and the flour, which has been sifted with the baking powder; give all a vigorous beating. Beat the whites of the eggs to a stiff froth and stir them into the mixture quickly and lightly. Turn into 2 greased jelly-cake pans and bake in a moderate oven.

FILLING FOR CHOCOLATE CAKE

3 tbsp. flour
1¼ cups milk
1 oz. chocolate
Yolk of 1 egg
½ cup sugar
1 tsp. vanilla

Moisten the flour with ¼ cup cold milk and cook in the hot milk 20 minutes. Add 1 tbsp. hot water to the chocolate and beat until it is smooth. Beat the yolk of the egg and add the sugar to it, then the chocolate, then gradually the hot milk and flour. Return to double boiler and cook over hot water for 5 minutes, stirring it constantly. Remove from the fire and, when cool, add the vanilla. The white may be used for boiled frosting.

DREXEL INSTITUTE

CHOCOLATE BROWNIES

2 eggs
1 cup sugar
½ cup flour
1 cup butter
1 cup nuts
½ tsp. vanilla

Bake in a square pan and cut in squares.

N. M. JOHNSON
(Through Mrs. Edward E. Montgomery)

BOSTON LAYER CAKE

1 lb. pulverized sugar
½ lb. butter
4 eggs
1 cup milk
1 lb. flour
2 tsp. baking soda
1 tsp. vanilla

Cream the butter and sugar together, add slightly beaten yolks of eggs, then the milk; flour mixed and sifted with baking powder, the stiffly beaten whites of eggs and the vanilla. Bake in layers in moderate oven.

ICING

1 lb. sugar
¾ cup water
Whites of 3 eggs

Boil until stringy, add whites of eggs well beaten. Spread on cake.

MRS. GODFREY N. DEGERBERG

GINGERBREAD, No. 1

2¼ cups flour
½ cup sugar
2 tsp. ginger
1 tsp. cinnamon
1 cup sour milk
1½ tsp. soda bicarbonate
1 cup molasses
1 egg, beaten light
3 tbsp. melted drippings

Mix and sift dry materials, beaten egg, pour wet mixture into dry and mix and beat it thoroughly. Bake it in greased muffin tins or shallow pan for about 25 minutes in a moderate oven.

MRS. NORMAN S. ESSIG

GINGERBREAD, No. 2

¼ cup butter
½ cup sugar
1 egg
½ cup molasses
½ cup milk (sour if possible)
1¾ cups flour
1 tsp. ginger
½ tsp. cinnamon
Salt
½ tsp. soda

Sift the flour, spice, salt and soda together. Mix in the order given. Bake in a pan where the dough will be about 1 inch thick. It will take about 30 minutes in a moderate oven.

CONTRIBUTED

SOFT GINGERBREAD, No. 3

1 cup milk
1 cup butter
1 cup molasses
4 cups flour
1 tsp. soda
5 eggs

Beat eggs separately. A little lard mixed with the butter will make it lighter. Then bake.

ELISABETH WARREN GREEN

GINGERBREAD, No. 4

1 cup lard and butter (mixed and melted)
2 eggs
1 big cup sour milk
½ cup molasses (Porto Rico molasses if possible)
½ cup brown sugar mixed with molasses
1 cup seeded raisins (chopped)
½ tsp. ginger
A little nutmeg
Flour to make batter not too stiff

MRS. A. A. O'DANIEL

AN INEXPENSIVE GINGERBREAD, No. 5

(Use level measurements only for success)

¾ cup New Orleans molasses
6 tbsp. shortening
2 cups flour
2 level tbsp. baking powder
1 level tsp. cinnamon
1 level tsp. ginger
½ level tsp. allspice
¼ level tsp. cloves
½ cup water

Beat to mix. Bake in shallow oblong pan, well-greased and floured, in moderate oven, 35 minutes.

Mrs. M. A. Wilson

GINGERBREAD, No. 6

1 cup shortening (half lard and butter)
1 cup New Orleans molasses
1 cup brown sugar (dark)
1 cup sweet milk
2 eggs
3 cups flour
1 tsp. soda
1 tbsp. ginger
½ tbsp. cinnamon

Sift flour and spices together. Mix eggs, sugar and shortening, and beat well. Add molasses, then milk, then flour. Scald soda and stir lightly.

Mrs. Brooke M. Anspach

MARKET GINGERBREAD, No. 7

¼ lb. butter
2 eggs
1 cup molasses
1 cup sugar
2½ cups flour
½ cup milk (scant)
Cinnamon and ginger to taste

For a change in flavoring use part of grated lemon and juice.

Contributed

SOFT GINGER CAKE, No. 1

1 egg
½ cup sugar
½ cup butter
1 cup molasses
½ cup boiling water
½ tsp. baking soda
1½ cups flour
1 tsp. ginger
1 tsp. cinnamon
1 tsp. nutmeg

Mrs. William E. Hetzell

SPICE CAKES, No. 2

3 eggs
2 cups flour
1½ cups sugar
1 cup butter
1 cup milk
½ tsp. baking soda
1 cup raisins, chopped
1 tbsp. cinnamon
A little nutmeg

To mix, separate eggs, cream sugar and butter, then add yolks; add ¾ cup of milk, then flour, fold in whites, then rest of milk with baking soda in it, then cinnamon and raisins last.

Mrs. George U. Rehfuss

DELICIOUS GINGER CAKE, No. 3

1 cup butter
1 cup molasses
1 cup sugar
3 cups flour
½ cup milk
3 eggs
2 tsp. ginger
¼ cup cinnamon
3 level tsp. baking powder

Put all in a bowl and beat hard for 3 minutes. Bake in moderate oven ¾ hour. Mrs. Herbert Fox

DROP GINGER COOKIES, No. 4

1 cup shortening
1 cup molasses
1 cup sugar
2 eggs
4 tbsp. lukewarm water
1 tsp. soda
2 tsp. ginger
4 cups flour

Mrs. James A. Campbell

GINGER SNAPS, No. 1

1 cup sugar
1 cup molasses
1 cup butter
1 tsp. soda
1 tbsp. cinnamon
1 tbsp. ginger
Flour enough to stiffen

Roll out as thin as possible. Mrs. Harold B. Beitler

GINGER SNAPS, No. 2

1 cup sugar
2 cups molasses
1 cup butter
2 tsp. soda
2 tbsp. ginger
1 tsp. cinnamon
3 pts. flour
Pinch of salt

Roll as thin as possible. Bake quickly.

MRS. MARIE A. JONES

GINGER SNAPS, No. 3

2 coffee cups molasses
1 cup butter
1 cup brown sugar
2 tsp. white sugar
1 tsp. salt
2 tsp. ginger
Grated rind of 1 orange
Flour

Put on the stove till it comes to a boil, then add enough flour to make a stiff dough, roll and cut into snaps.

MRS. JOS. M. PEALE

POUND CAKE OR LIGHT CHRISTMAS CAKE

½ lb. butter
½ lb. white sugar
5 eggs (add one at a time, beaten slightly)
6 oz. seeded raisins, or
6 oz. seedless or sultanas
½ lb. citron
1 tsp. baking powder
1 tbsp. milk
2⅛ cups flour

Flavor with vanilla, line tin with paper and bake in slow oven 2 hours.

Dates and blanched almonds may be used if desired, but the cake as it stands is good. MRS. EDWIN WILSON

OATMEAL CAKES

1 cup pulverized sugar
2 large tbsp. butter
2 eggs, beaten separately
½ tsp. salt
2½ cups rolled Quaker oats
1 tsp. baking powder
1 tsp. vanilla

Cream butter and sugar together; then add other ingredients. Drop from spoon far apart. When done sprinkle with pulverized sugar and cinnamon. MRS. J. CLIFFORD JONES

POUND CAKE

½ cup butter
1 level cup fine granulated sugar
4 egg-yolks, beaten light
4 egg-whites, beaten dry
¼ level tsp. mace or ⅓ cup sliced citron
1 level cup and 2 level tbsp. flour
2 level tsp. baking powder

Mix as a butter cake, sifting the mace, flour and baking powder together. No liquid being used, add part of the whites before the flour, etc. Bake in a pan 8½ x 6½ inches about 35 minutes. When citron is used push the slices into the mixture lengthwise after the mixture is in the pan. Cover with a plain boiled frosting or omit the frosting. CONTRIBUTED

SPICE CAKE, No. 1

1 cup butter
2 cups brown sugar
3½ cups flour
1 cup cold water
2 tsp. baking powder
3 eggs
2 tsp. cinnamon
½ tsp. cloves
½ tsp. nutmeg
1 large cup raisins and currants

Half of this makes a nice-sized cake.

MRS. WILLIAM E. DANNER

SPICE CAKE, No. 2

1 cup granulated sugar
¾ cup butter
4 eggs
1 tsp. cinnamon
1 tsp. cloves
1 tsp. lemon extract
½ cup sour milk
1 tsp. soda
2 cups flour
1 cup jelly

Beat whites of eggs separately and add the beaten jelly and mix in last. Bake in layers. MRS. JOHN G. PEW

FRUIT CAKE MADE WITH YEAST, No. 1

3 cups milk
3 pts. flour
1 tsp. salt
½ cup sugar
½ cup butter
1 egg
1 cup dried, preserved or candied fruit
1 cake yeast

Make a drop batter of 1 cup of milk (heated and cooled until lukewarm) and a part of the flour; add the yeast cake dissolved in ¼ cup of lukewarm water. Let it rise in a warm place until double. Add the rest of the milk and flour enough to make the same sort of a batter. Again keep it warm and let it rise until double. Now cream the butter and sugar and combine with the egg, well beaten. Add this mixture to the light batter with the

fruit and salt. It may be necessary to add a little more flour. The batter should be thin enough to take the form of the mold easily. Fill the molds ⅓ full of batter and let it rise a little more than double. Bake 30 minutes, in a moderate oven. When done, prepare a sauce with 1 pt. sugar, 1 pt. water, and flavoring, boiling together 5 minutes. Pour over the cakes and serve hot or cold. Sauce must be poured over while warm.

Mrs. Norman S. Essig

FRUIT CAKE, No. 2

½ lb. walnuts
¼ lb. almonds
¼ lb. candied cherries
1 lb. dates
1 cup sugar
2 tbsp. butter
2 eggs
¼ cup milk
2 tsp. baking powder
1½ cups flour
A pinch of salt

Put walnuts, almonds, cherries and dates in whole; blanch almonds, rinse cherries in water, flour dates. Bake 1 hour and 20 minutes. Mrs. William E. Danner

FRUIT LAYER CAKE, No. 3

1½ cups sugar
1 cup butter
⅔ cup milk
Yolks of 4 eggs
2 cups flour
2 tsp. vanilla
Whites of 4 eggs

Bake 2 layers, and in remaining batter stir:

1 cup raisins
1 cup currants
1 tsp. cinnamon
¼ tsp. cloves

Mrs. Harold B. Beitler

WHITE FRUIT CAKE

Whites of 10 eggs
1 lb. granulated sugar
½ lb. flour
1 lb. citron
1 lb. paper-shell almonds
1 cocoanut, grated
½ lb. butter

Cream butter and sugar, then stir in cocoanut, then flour, nuts, citron and last white of eggs. Miss Eva Hoover

FRUIT OR BLACK CAKE

(Mary D. W. Randolph)

1¼ lbs. butter
1 lb. sugar
1 lb. flour
1 lb. citron
1 grated nutmeg
2 tsp. cinnamon
1 tsp. mace and cloves mixed
13 eggs
3 lbs. raisins, seeded and chopped
2 lbs. currants

Beat butter and sugar thoroughly, then stir in ¼ lb. flour, beat the eggs very light, which add gradually, then the remainder of the flour, half at a time. After beating well, add spices. Mix all the fruit together and add one-third of it at a time. Beat well. Bake in a moderate oven.

Mrs. L. H. Richards

FRUIT LAYER CAKE

1½ cups sugar
1 cup butter
⅔ cup milk
Yolks of 4 eggs
2 cups flour
2 tsp. vanilla
Whites of 4 eggs

Bake two layers, and in remaining batter stir

1 cup raisins
1 cup currants
1 tsp. cinnamon
¼ tsp. cloves

Mrs. Edward Cadwallader

GRANDMOTHER LEVIS' FRUIT CAKE

½ lb. butter
½ lb. flour
1 tsp. baking powder
1 tbsp. finely cut orange peel
1 tbsp. finely cut lemon peel
½ lb. raisins
½ lb. currants
1 tsp. spices (nutmeg and cinnamon)
½ lb. sugar
5 eggs

Cream butter and sugar. Add eggs, well beaten. Add flour with baking powder mixed in. Add orange and lemon peels, then raisins and currants (previously rubbed in flour to clean them). Add spices. Cover with brown paper and bake in a slow oven for 3 hours.

Mrs. Arthur L. Bunting

STRAWBERRY SHORTCAKE

2 cups pastry flour
½ cup cornstarch
4 level tsp. baking powder
½ tsp. salt
¼ cup shortening
1 cup milk
2 baskets strawberries
2 cups sugar

Sift together the dry ingredients; with two knives cut in the shortening, use the milk in mixing to a soft dough; the dough should be too moist to knead. Press the dough into two well-buttered layer-cake pans. Bake about 15 minutes. Hull, wash and drain the berries, reserve a few choice berries for a garnish, cut the others in halves, mix with the sugar and let stand until the cake is ready. Spread the cakes with butter. Put the cakes together with the prepared berries between and above.

Mrs. Norman S. Essig

STRAWBERRY SHORTCAKE À LA MODE

Make a strawberry shortcake with biscuit crust. Make a sauce of 1 cup strawberry juice, ½ cup melted butter, and powdered sugar to taste. Serve this with the shortcake, passing it to each person.

Alice L. Van Lennep

CHOCOLATE ÉCLAIRS

With two teaspoons shape chou paste on a buttered baking-dish in strips 4 inches long and 1 inch wide. Bake in an oven, hot on the bottom, about 25 minutes. When cold, slit each cake on one side and put in a spoonful of English cream. Cover the smooth side of each cake with confectioners' frosting made with chocolate and flavored with ½ tsp. of vanilla.

CHOU PASTE

1 cup boiling water
½ cup butter or other shortening
1 level cup flour
3 large eggs

Heat the water and shortening to the boiling point, sift in the flour, stir and cook until the mixture forms a smooth mass that does not stick to the pan. Turn into an earthen bowl; break in one of the eggs and beat until smooth; beat in the other eggs, one at a time, beating each time until smooth and light.

ENGLISH CREAM FILLING

½ cup flour
½ level tsp. salt
½ cup cold milk
1½ cups hot milk
2 eggs or 1 whole egg and 2 yolks
¾ cup sugar
½ tsp. vanilla extract

Mix the flour, salt and cold milk to a smooth paste and stir into the hot milk in a double boiler; continue to stir until the mixture thickens; cover and let cook 10 minutes, stirring occasionally. Beat the eggs, beat in the sugar, and stir into the hot mixture; cover and let cook 5 minutes or until the egg is set, stirring once or twice. When cold, add the extract and use.

Mrs. Norman S. Essig

DOUGHNUTS

1 cup sugar
1 cup milk
3 tsp. baking powder
3 eggs
5 tbsp. butter
1 small nutmeg, grated
Flour enough to roll as soft as possible

Cook in boiling lard.

POINTS ON FRYING DOUGHNUTS

To prevent large cracks in doughnuts when frying, have the dough soft, turn the cakes as soon as they come to the top of the fat and often during the cooking. Too much flour makes dry, hard doughnuts.

The choicest results in color and texture of doughnuts are secured with fat that has not been previously used for frying. After repeated fryings, fat should be discarded for all cooking purposes. The life of fat is lengthened by passing it through a napkin laid over a strainer after each use; by this means flour and other foreign substances that burn and become black at a much lower degree of heat than fat, are removed.

An extra yolk of egg will furnish fat enough to do away with the addition of butter or other form of fat to a doughnut mixture.

Contributed

SALVATION ARMY DOUGHNUTS

5 cups flour (more if necessary)
2 cups sugar
5 level tsp. baking powder
1 tsp. salt
2 eggs
1¾ cups milk
1 tbsp. lard

These ingredients are sufficient to make 4 dozen doughnuts.

CAPTAINS V. BOOTH and A. MCALLISTER

CRULLERS

1¼ cups sugar
1 cup milk
1 tsp. salt
2 eggs
5 tbsp. butter
4 tsp. baking powder
Flour enough to make dough easy to handle

Roll out ½ inch thick and fry in deep fat.

MRS. HERBERT FOX

FROSTING, No. 1

White of 1 egg
1 tbsp. lemon juice
1 cup powdered sugar

Put the unbeaten white of the egg into a bowl, add the sugar in small quantities, beating with a spoon. When all has been added, stir in the lemon juice. For chocolate frosting, omit the lemon and add melted chocolate and ½ tsp. vanilla.

CONTRIBUTED

FROSTING, No. 2

1 cup powdered sugar
1 tbsp. boiling water
1 tbsp. lemon juice

Stir the boiling water into the sugar and add the lemon juice. If too stiff, add a little more boiling water. Melted chocolate may be added to it instead of the lemon. Chocolate may be melted in a bowl over steam.

CONTRIBUTED

ORNAMENTAL FROSTING

Whites of 3 eggs
3 cups confectioners' sugar
3 tsp. lemon juice

Put the eggs in a large bowl. Add 1 tbsp. sugar and beat 5 minutes. Repeat until the mixture begins to thicken, then add the lemon juice. Continue to add sugar until the frosting will not run together when cut with a knife. Spread a thin layer of frosting on the cake and, when dry, cover with a layer ¼ inch thick. When

firm, mark it for cutting. Add sugar more rapidly to the remainder of the frosting until it begins to harden on the spoon and bowl. Put a confectioners' tube into the end of a pastry bag. Partially fill the bag with frosting, twist the end tightly, and press the frosting through in the desired design.

Mrs. Norman S. Essig

BOILED FROSTING

1 cup sugar
⅓ cup boiling water
White of 1 egg

Boil the sugar and water together until the syrup threads. Cool slightly and pour gradually on the beaten white. Beat until cold, then spread on cake. Cooked frostings may be spread on hot or cold cakes, and uncooked frostings on cakes slightly warm. Frostings made with boiling water should be used on cold cakes.

Mrs. Norman S. Essig

ICING FOR A CAKE

2 squares of chocolate
1 cup brown sugar
½ cup milk
Small piece of butter

Let boil for 10 minutes. Miss M. A. Leas

CAKE ICING

1 cup brown sugar
1 cup white sugar
1 cup cream
Piece of butter size of egg

Boil all together until it spins a thread, then beat until ready to go on cake. Mrs. C. H. Landenberger, Jr.

CHOCOLATE ROCKS

⅔ cup butter
⅓ cup Crisco
1½ cups brown sugar
2 eggs
½ cup English walnuts (ground)
¾ cup dates
¾ cup raisins
2 tbsp. milk
1 tsp. soda
1 tsp. cream of tartar
1 tsp. cinnamon
2 tsp. cocoa
1 tsp. vanilla
2½ cups flour

Bake in hot oven. Miss Alice L. Van Lennep

CONDÉS

Whites of 2 eggs
¾ cup powdered sugar
2 oz. almonds
Puff paste

Beat the eggs until stiff; add the sugar gradually, then the almonds, which have been blanched and chopped fine. Roll the paste ⅛ inch thick. Cut in strips 3½ inches long and 1 inch wide. Spread the mixture on each strip to within ¼ inch of the edge. Sprinkle with powdered sugar and bake 15 minutes in a moderate oven.

Mrs. Norman S. Essig

COOKIES

1⅛ lbs. butter
1 lb. flour
1 lb. sugar
2 eggs
Pinch of salt

Cream butter and sugar, add egg, salt and flour. Make in long rolls on floured platter and stand in ice-box over night. In the morning cut very thin with a knife and brush with egg white and dust with sugar.

Mrs. Herbert Fox

COOKIES

5 oz. butter
7 oz. pulverized sugar
8 oz. flour
1 egg
½ nutmeg grated, or cinnamon if preferred
¼ tsp. salt

Beat the egg without separating and stir it into the creamed butter and sugar, add the nutmeg and salt, then the flour. Turn into a small bowl and stand in the refrigerator for 3 or 4 hours, or until the next day if more convenient, when they will roll out very thin. Bake in a quick oven until a light brown.

Mrs. James F. Magee, Jr.

COOKIES

2 cups granulated sugar
1 cup shortening (lard and butter or all lard)
3 eggs
1 cup sour cream or sour milk
Nutmeg
1 tsp. lemon extract
5 cups flour
1 tsp. soda (in sour cream)
1 tsp. baking powder (in flour)
Salt

Dropped with a teaspoon on floured tins. Makes 5 dozen.

Mrs. Walter Wilhelm.

KARRIE'S KOOKIES

Sold by American Red Cross Auxiliary 84.

½ cup melted lard
1 cup brown sugar
½ cup milk
1 egg
1½ cups flour or substitute
½ cup raisins
½ cup nuts
½ tsp. salt
Vanilla
1½ tsp. baking powder
2 squares melted chocolate

Drop on buttered tins. MRS. E. PUSEY PASSMORE

OATMEAL COOKIES

1 cup sugar
1 tbsp. butter
2 eggs
1½ tsp. baking powder
1½ tsp. almond extract
2½ cups rolled oats

Cream butter and sugar, add well-beaten eggs and almond extract. Then add rolled oats and baking powder. Drop on greased pans about ½ tsp. of mixture far enough apart so cakes do not run together. Bake in rather quick oven.

MRS. D. H. CANTRELL

SUGAR COOKIES

2 cups sugar
2 eggs
1 cup butter
½ cup cornstarch
1 tsp. soda

MRS. A. REED MCINTIRE

SUGAR COOKIES

½ cup butter
1 cup sugar
¼ cup milk
1 egg
½ tsp. baking powder
Flour to roll thin
Flavoring

Roll a little at a time. Cut out. Bake about 10 minutes. They may be flavored with vanilla, lemon or cinnamon, using 1 tsp. Any cake recipe with butter may be used for cookies, adding flour to it so as to roll thin. CONTRIBUTED

JUMBLES, No. 1

1 cup sugar
1 cup butter
1 egg, beaten whole
1½ cups sifted flour

Cream sugar and butter, add egg, then slowly add sifted flour. Flavor and drop from teaspoon on baking-tins. Bake in quick oven. CONTRIBUTED

If sweet milk is used take 2 tsp. cream of tartar and 1 tsp. of soda. Bake as a loaf or in 2 layers.

MOCHA ICING

1 tbsp. melted butter
2 cups pulverized sugar
1 dessertspoon ground coffee
2 tsp. cocoa
Vanilla

Mix melted butter and sugar together. Boil ground coffee in ½ cup of water 15 or 20 minutes. Then take 2 tbsp. of the coffee and cream all three together. Then add cocoa and vanilla.

Mrs. William E. Danner

CHOCOLATE CAKE, No. 1

4 eggs
2 squares chocolate (dissolved in 3 tbsp. hot water)
1½ cups sugar
½ cup milk
½ cup butter (well creamed with sugar)
1¾ cups flour
1 tsp. vanilla
1 heaping tsp. baking powder

Bake 45 minutes.

FILLING

2 cups powdered sugar
Butter (size of a walnut)
2 tbsp. cocoa
1 tbsp. vanilla

Dissolve in coffee (about ¼ cup).

Mrs. Arthur L. Bunting

CHOCOLATE CAKE, No. 2

2 cups sugar
½ cup butter
1 cup milk
3 eggs
3 cups flour
3 tsp. baking powder

Bake in 3 or 4 layers.

FROSTING AND FILLING

¼ cake (full) Baker's chocolate
5 tbsp. milk
1 cup pulverized sugar

Scrape the chocolate and put it on the back of the range to melt. When melted, stir in the milk and sugar, and let it boil 5 minutes, stirring constantly to keep from burning. Spread on top and between layers. It does not thicken until cold.

Mrs. A. A. O'Daniel

CHOCOLATE CAKE, No. 3

½ lb. butter
6 eggs
2 cups granulated sugar
2 cups flour
1 heaping tsp. baking powder
1 tsp. vanilla
½ lb. Baker's chocolate (melted)

Beat butter and sugar to a cream, add yolks of eggs well beaten, keep beating and add milk slowly, then the flour. Beat very light. Beat whites of eggs stiff, add gradually to the mixture. Stir in the chocolate after melting. Beat thoroughly, add baking powder and vanilla. MRS. GEORGE R. SULLIVAN

CHOCOLATE CAKE, No. 4

1 cup sugar
1 egg
1 heaping tbsp. butter
½ cup sour milk (or sweet)
1 small tsp. soda
¼ cup grated chocolate
1½ cups flour
1 tsp. vanilla

Cream the sugar, egg and butter. Add sour milk (or sweet milk), soda, chocolate melted in a little hot water, flour and vanilla. Bake as loaf or in 2 layers. If sweet milk is used, then use both soda and cream of tartar—one tsp. soda, 2 tsp. cream of tartar. MRS. G. C. CHANCE

CHOCOLATE CAKE, No. 5

1½ cups sugar
½ cup butter
½ cup milk
1¾ cups flour
2 tsp. baking powder
3 eggs
¼ lb. grated chocolate
5 tbsp. sugar

Add boiling milk until a thick paste and add to the batter. Bake in small pans. MRS. HERBERT FOX

CHOCOLATE CAKE, No. 6

2 oz. chocolate
⅓ cup butter
1½ cups sugar
4 eggs
½ cup milk
3 tsp. baking powder
1 tsp. vanilla
2 cups flour

Dissolve the chocolate in 5 tbsp. of boiling water. Cream the butter, add the sugar gradually, beating all the while. Separate the eggs and beat the yolks and add them to the butter and sugar;

then add the milk, then the melted chocolate, cooled vanilla, and the flour, which has been sifted with the baking powder; give all a vigorous beating. Beat the whites of the eggs to a stiff froth and stir them into the mixture quickly and lightly. Turn into 2 greased jelly-cake pans and bake in a moderate oven.

FILLING FOR CHOCOLATE CAKE

3 tbsp. flour
1¼ cups milk
1 oz. chocolate
Yolk of 1 egg
½ cup sugar
1 tsp. vanilla

Moisten the flour with ¼ cup cold milk and cook in the hot milk 20 minutes. Add 1 tbsp. hot water to the chocolate and beat until it is smooth. Beat the yolk of the egg and add the sugar to it, then the chocolate, then gradually the hot milk and flour. Return to double boiler and cook over hot water for 5 minutes, stirring it constantly. Remove from the fire and, when cool, add the vanilla. The white may be used for boiled frosting.

DREXEL INSTITUTE

CHOCOLATE BROWNIES

2 eggs
1 cup sugar
½ cup flour
1 cup butter
1 cup nuts
½ tsp. vanilla

Bake in a square pan and cut in squares.

N. M. JOHNSON
(Through Mrs. Edward E. Montgomery)

BOSTON LAYER CAKE

1 lb. pulverized sugar
½ lb. butter
4 eggs
1 cup milk
1 lb. flour
2 tsp. baking soda
1 tsp. vanilla

Cream the butter and sugar together, add slightly beaten yolks of eggs, then the milk; flour mixed and sifted with baking powder, the stiffly beaten whites of eggs and the vanilla. Bake in layers in moderate oven.

ICING

1 lb. sugar
¾ cup water
Whites of 3 eggs

Boil until stringy, add whites of eggs well beaten. Spread on cake.

MRS. GODFREY N. DEGERBERG

GINGERBREAD, No. 1

2¼ cups flour
½ cup sugar
2 tsp. ginger
1 tsp. cinnamon
1 cup sour milk
1½ tsp. soda bicarbonate
1 cup molasses
1 egg, beaten light
3 tbsp. melted drippings

Mix and sift dry materials, beaten egg, pour wet mixture into dry and mix and beat it thoroughly. Bake it in greased muffin tins or shallow pan for about 25 minutes in a moderate oven.

MRS. NORMAN S. ESSIG

GINGERBREAD, No. 2

¼ cup butter
½ cup sugar
1 egg
½ cup molasses
½ cup milk (sour if possible)
1¾ cups flour
1 tsp. ginger
½ tsp. cinnamon
Salt
½ tsp. soda

Sift the flour, spice, salt and soda together. Mix in the order given. Bake in a pan where the dough will be about 1 inch thick. It will take about 30 minutes in a moderate oven.

CONTRIBUTED

SOFT GINGERBREAD, No. 3

1 cup milk
1 cup butter
1 cup molasses
4 cups flour
1 tsp. soda
5 eggs

Beat eggs separately. A little lard mixed with the butter will make it lighter. Then bake.

ELISABETH WARREN GREEN

GINGERBREAD, No. 4

1 cup lard and butter (mixed and melted)
2 eggs
1 big cup sour milk
½ cup molasses (Porto Rico molasses if possible)
½ cup brown sugar mixed with molasses
1 cup seeded raisins (chopped)
½ tsp. ginger
A little nutmeg
Flour to make batter not too stiff

MRS. A. A. O'DANIEL

AN INEXPENSIVE GINGERBREAD, No. 5

(Use level measurements only for success)

¾ cup New Orleans molasses
6 tbsp. shortening
2 cups flour
2 level tbsp. baking powder
1 level tsp. cinnamon
1 level tsp. ginger
½ level tsp. allspice
¼ level tsp. cloves
½ cup water

Beat to mix. Bake in shallow oblong pan, well-greased and floured, in moderate oven, 35 minutes.

Mrs. M. A. Wilson

GINGERBREAD, No. 6

1 cup shortening (half lard and butter)
1 cup New Orleans molasses
1 cup brown sugar (dark)
1 cup sweet milk
2 eggs
3 cups flour
1 tsp. soda
1 tbsp. ginger
½ tbsp. cinnamon

Sift flour and spices together. Mix eggs, sugar and shortening, and beat well. Add molasses, then milk, then flour. Scald soda and stir lightly.

Mrs. Brooke M. Anspach

MARKET GINGERBREAD, No. 7

¼ lb. butter
2 eggs
1 cup molasses
1 cup sugar
2½ cups flour
½ cup milk (scant)
Cinnamon and ginger to taste

For a change in flavoring use part of grated lemon and juice.

Contributed

SOFT GINGER CAKE, No. 1

1 egg
½ cup sugar
½ cup butter
1 cup molasses
½ cup boiling water
½ tsp. baking soda
1½ cups flour
1 tsp. ginger
1 tsp. cinnamon
1 tsp. nutmeg

Mrs. William E. Hetzell

SPICE CAKES, No. 2

3 eggs
2 cups flour
1½ cups sugar
1 cup butter
1 cup milk
½ tsp. baking soda
1 cup raisins, chopped
1 tbsp. cinnamon
A little nutmeg

To mix, separate eggs, cream sugar and butter, then add yolks; add ¾ cup of milk, then flour, fold in whites, then rest of milk with baking soda in it, then cinnamon and raisins last.

Mrs. George U. Rehfuss

DELICIOUS GINGER CAKE, No. 3

1 cup butter
1 cup molasses
1 cup sugar
3 cups flour
½ cup milk
3 eggs
2 tsp. ginger
¼ cup cinnamon
3 level tsp. baking powder

Put all in a bowl and beat hard for 3 minutes. Bake in moderate oven ¾ hour. Mrs. Herbert Fox

DROP GINGER COOKIES, No. 4

1 cup shortening
1 cup molasses
1 cup sugar
2 eggs
4 tbsp. lukewarm water
1 tsp. soda
2 tsp. ginger
4 cups flour

Mrs. James A. Campbell

GINGER SNAPS, No. 1

1 cup sugar
1 cup molasses
1 cup butter
1 tsp. soda
1 tbsp. cinnamon
1 tbsp. ginger
Flour enough to stiffen

Roll out as thin as possible. Mrs. Harold B. Beitler

GINGER SNAPS, No. 2

1 cup sugar
2 cups molasses
1 cup butter
2 tsp. soda
2 tbsp. ginger
1 tsp. cinnamon
3 pts. flour
Pinch of salt

Roll as thin as possible. Bake quickly.

Mrs. Marie A. Jones

GINGER SNAPS, No. 3

2 coffee cups molasses
1 cup butter
1 cup brown sugar
2 tsp. white sugar
1 tsp. salt
2 tsp. ginger
Grated rind of 1 orange
Flour

Put on the stove till it comes to a boil, then add enough flour to make a stiff dough, roll and cut into snaps.

Mrs. Jos. M. Peale

POUND CAKE OR LIGHT CHRISTMAS CAKE

½ lb. butter
½ lb. white sugar
5 eggs (add one at a time, beaten slightly)
6 oz. seeded raisins, or
6 oz. seedless or sultanas
½ lb. citron
1 tsp. baking powder
1 tbsp. milk
2⅛ cups flour

Flavor with vanilla, line tin with paper and bake in slow oven 2 hours.

Dates and blanched almonds may be used if desired, but the cake as it stands is good. Mrs. Edwin Wilson

OATMEAL CAKES

1 cup pulverized sugar
2 large tbsp. butter
2 eggs, beaten separately
½ tsp. salt
2½ cups rolled Quaker oats
1 tsp. baking powder
1 tsp. vanilla

Cream butter and sugar together; then add other ingredients. Drop from spoon far apart. When done sprinkle with pulverized sugar and cinnamon. Mrs. J. Clifford Jones

POUND CAKE

½ cup butter
1 level cup fine granulated sugar
4 egg-yolks, beaten light
4 egg-whites, beaten dry
¼ level tsp. mace or ⅓ cup sliced citron
1 level cup and 2 level tbsp. flour
2 level tsp. baking powder

Mix as a butter cake, sifting the mace, flour and baking powder together. No liquid being used, add part of the whites before the flour, etc. Bake in a pan 8½ x 6½ inches about 35 minutes. When citron is used push the slices into the mixture lengthwise after the mixture is in the pan. Cover with a plain boiled frosting or omit the frosting. CONTRIBUTED

SPICE CAKE, No. 1

1 cup butter
2 cups brown sugar
3½ cups flour
1 cup cold water
2 tsp. baking powder
3 eggs
2 tsp. cinnamon
½ tsp. cloves
½ tsp. nutmeg
1 large cup raisins and currants

Half of this makes a nice-sized cake.

MRS. WILLIAM E. DANNER

SPICE CAKE, No. 2

1 cup granulated sugar
¾ cup butter
4 eggs
1 tsp. cinnamon
1 tsp. cloves
1 tsp. lemon extract
½ cup sour milk
1 tsp. soda
2 cups flour
1 cup jelly

Beat whites of eggs separately and add the beaten jelly and mix in last. Bake in layers. MRS. JOHN G. PEW

FRUIT CAKE MADE WITH YEAST, No. 1

3 cups milk
3 pts. flour
1 tsp. salt
½ cup sugar
½ cup butter
1 egg
1 cup dried, preserved or candied fruit
1 cake yeast

Make a drop batter of 1 cup of milk (heated and cooled until lukewarm) and a part of the flour; add the yeast cake dissolved in ¼ cup of lukewarm water. Let it rise in a warm place until double. Add the rest of the milk and flour enough to make the same sort of a batter. Again keep it warm and let it rise until double. Now cream the butter and sugar and combine with the egg, well beaten. Add this mixture to the light batter with the

fruit and salt. It may be necessary to add a little more flour. The batter should be thin enough to take the form of the mold easily. Fill the molds ⅓ full of batter and let it rise a little more than double. Bake 30 minutes, in a moderate oven. When done, prepare a sauce with 1 pt. sugar, 1 pt. water, and flavoring, boiling together 5 minutes. Pour over the cakes and serve hot or cold. Sauce must be poured over while warm.

Mrs. Norman S. Essig

FRUIT CAKE, No. 2

½ lb. walnuts
¼ lb. almonds
¼ lb. candied cherries
1 lb. dates
1 cup sugar
2 tbsp. butter
2 eggs
¼ cup milk
2 tsp. baking powder
1½ cups flour
A pinch of salt

Put walnuts, almonds, cherries and dates in whole; blanch almonds, rinse cherries in water, flour dates. Bake 1 hour and 20 minutes. Mrs. William E. Danner

FRUIT LAYER CAKE, No. 3

1½ cups sugar
1 cup butter
⅔ cup milk
Yolks of 4 eggs
2 cups flour
2 tsp. vanilla
Whites of 4 eggs

Bake 2 layers, and in remaining batter stir:

1 cup raisins
1 cup currants
1 tsp. cinnamon
¼ tsp. cloves

Mrs. Harold B. Beitler

WHITE FRUIT CAKE

Whites of 10 eggs
1 lb. granulated sugar
½ lb. flour
1 lb. citron
1 lb. paper-shell almonds
1 cocoanut, grated
½ lb. butter

Cream butter and sugar, then stir in cocoanut, then flour, nuts, citron and last white of eggs. Miss Eva Hoover

FRUIT OR BLACK CAKE

(Mary D. W. Randolph)

1¼ lbs. butter
1 lb. sugar
1 lb. flour
1 lb. citron
1 grated nutmeg
2 tsp. cinnamon
1 tsp. mace and cloves mixed
13 eggs
3 lbs. raisins, seeded and chopped
2 lbs. currants

Beat butter and sugar thoroughly, then stir in ¼ lb. flour, beat the eggs very light, which add gradually, then the remainder of the flour, half at a time. After beating well, add spices. Mix all the fruit together and add one-third of it at a time. Beat well. Bake in a moderate oven.

Mrs. L. H. Richards

FRUIT LAYER CAKE

1½ cups sugar
1 cup butter
⅔ cup milk
Yolks of 4 eggs
2 cups flour
2 tsp. vanilla
Whites of 4 eggs

Bake two layers, and in remaining batter stir

1 cup raisins
1 cup currants
1 tsp. cinnamon
¼ tsp. cloves

Mrs. Edward Cadwallader

GRANDMOTHER LEVIS' FRUIT CAKE

½ lb. butter
½ lb. flour
1 tsp. baking powder
1 tbsp. finely cut orange peel
1 tbsp. finely cut lemon peel
½ lb. raisins
½ lb. currants
1 tsp. spices (nutmeg and cinnamon)
½ lb. sugar
5 eggs

Cream butter and sugar. Add eggs, well beaten. Add flour with baking powder mixed in. Add orange and lemon peels, then raisins and currants (previously rubbed in flour to clean them). Add spices. Cover with brown paper and bake in a slow oven for 3 hours.

Mrs. Arthur L. Bunting

STRAWBERRY SHORTCAKE

2 cups pastry flour
½ cup cornstarch
4 level tsp. baking powder
½ tsp. salt
¼ cup shortening
1 cup milk
2 baskets strawberries
2 cups sugar

Sift together the dry ingredients; with two knives cut in the shortening, use the milk in mixing to a soft dough; the dough should be too moist to knead. Press the dough into two well-buttered layer-cake pans. Bake about 15 minutes. Hull, wash and drain the berries, reserve a few choice berries for a garnish, cut the others in halves, mix with the sugar and let stand until the cake is ready. Spread the cakes with butter. Put the cakes together with the prepared berries between and above.

Mrs. Norman S. Essig

STRAWBERRY SHORTCAKE À LA MODE

Make a strawberry shortcake with biscuit crust. Make a sauce of 1 cup strawberry juice, ½ cup melted butter, and powdered sugar to taste. Serve this with the shortcake, passing it to each person.

Alice L. Van Lennep

CHOCOLATE ÉCLAIRS

With two teaspoons shape chou paste on a buttered baking-dish in strips 4 inches long and 1 inch wide. Bake in an oven, hot on the bottom, about 25 minutes. When cold, slit each cake on one side and put in a spoonful of English cream. Cover the smooth side of each cake with confectioners' frosting made with chocolate and flavored with ½ tsp. of vanilla.

CHOU PASTE

1 cup boiling water
½ cup butter or other shortening
1 level cup flour
3 large eggs

Heat the water and shortening to the boiling point, sift in the flour, stir and cook until the mixture forms a smooth mass that does not stick to the pan. Turn into an earthen bowl; break in one of the eggs and beat until smooth; beat in the other eggs, one at a time, beating each time until smooth and light.

ENGLISH CREAM FILLING

½ cup flour
½ level tsp. salt
½ cup cold milk
1½ cups hot milk
2 eggs or 1 whole egg and 2 yolks
¾ cup sugar
½ tsp. vanilla extract

Mix the flour, salt and cold milk to a smooth paste and stir into the hot milk in a double boiler; continue to stir until the mixture thickens; cover and let cook 10 minutes, stirring occasionally. Beat the eggs, beat in the sugar, and stir into the hot mixture; cover and let cook 5 minutes or until the egg is set, stirring once or twice. When cold, add the extract and use.

MRS. NORMAN S. ESSIG

DOUGHNUTS

1 cup sugar
1 cup milk
3 tsp. baking powder
3 eggs
5 tbsp. butter
1 small nutmeg, grated
Flour enough to roll as soft as possible

Cook in boiling lard.

POINTS ON FRYING DOUGHNUTS

To prevent large cracks in doughnuts when frying, have the dough soft, turn the cakes as soon as they come to the top of the fat and often during the cooking. Too much flour makes dry, hard doughnuts.

The choicest results in color and texture of doughnuts are secured with fat that has not been previously used for frying. After repeated fryings, fat should be discarded for all cooking purposes. The life of fat is lengthened by passing it through a napkin laid over a strainer after each use; by this means flour and other foreign substances that burn and become black at a much lower degree of heat than fat, are removed.

An extra yolk of egg will furnish fat enough to do away with the addition of butter or other form of fat to a doughnut mixture.

CONTRIBUTED

SALVATION ARMY DOUGHNUTS

5 cups flour (more if necessary)
2 cups sugar
5 level tsp. baking powder
1 tsp. salt
2 eggs
1¾ cups milk
1 tbsp. lard

These ingredients are sufficient to make 4 dozen doughnuts.

CAPTAINS V. BOOTH and A. MCALLISTER

CRULLERS

1¼ cups sugar
1 cup milk
1 tsp. salt
2 eggs
5 tbsp. butter
4 tsp. baking powder
Flour enough to make dough easy to handle

Roll out ½ inch thick and fry in deep fat.

MRS. HERBERT FOX

FROSTING, No. 1

White of 1 egg
1 tbsp. lemon juice
1 cup powdered sugar

Put the unbeaten white of the egg into a bowl, add the sugar in small quantities, beating with a spoon. When all has been added, stir in the lemon juice. For chocolate frosting, omit the lemon and add melted chocolate and ½ tsp. vanilla.

CONTRIBUTED

FROSTING, No. 2

1 cup powdered sugar
1 tbsp. boiling water
1 tbsp. lemon juice

Stir the boiling water into the sugar and add the lemon juice. If too stiff, add a little more boiling water. Melted chocolate may be added to it instead of the lemon. Chocolate may be melted in a bowl over steam.

CONTRIBUTED

ORNAMENTAL FROSTING

Whites of 3 eggs
3 cups confectioners' sugar
3 tsp. lemon juice

Put the eggs in a large bowl. Add 1 tbsp. sugar and beat 5 minutes. Repeat until the mixture begins to thicken, then add the lemon juice. Continue to add sugar until the frosting will not run together when cut with a knife. Spread a thin layer of frosting on the cake and, when dry, cover with a layer ¼ inch thick. When

firm, mark it for cutting. Add sugar more rapidly to the remainder of the frosting until it begins to harden on the spoon and bowl. Put a confectioners' tube into the end of a pastry bag. Partially fill the bag with frosting, twist the end tightly, and press the frosting through in the desired design.

Mrs. Norman S. Essig

BOILED FROSTING

1 cup sugar
⅓ cup boiling water
White of 1 egg

Boil the sugar and water together until the syrup threads. Cool slightly and pour gradually on the beaten white. Beat until cold, then spread on cake. Cooked frostings may be spread on hot or cold cakes, and uncooked frostings on cakes slightly warm. Frostings made with boiling water should be used on cold cakes.

Mrs. Norman S. Essig

ICING FOR A CAKE

2 squares of chocolate
1 cup brown sugar
½ cup milk
Small piece of butter

Let boil for 10 minutes.

Miss M. A. Leas

CAKE ICING

1 cup brown sugar
1 cup white sugar
1 cup cream
Piece of butter size of egg

Boil all together until it spins a thread, then beat until ready to go on cake.

Mrs. C. H. Landenberger, Jr.

CHOCOLATE ROCKS

⅔ cup butter
⅓ cup Crisco
1½ cups brown sugar
2 eggs
½ cup English walnuts (ground)
¾ cup dates
¾ cup raisins
2 tbsp. milk
1 tsp. soda
1 tsp. cream of tartar
1 tsp. cinnamon
2 tsp. cocoa
1 tsp. vanilla
2½ cups flour

Bake in hot oven.

Miss Alice L. Van Lennep

CONDÉS

Whites of 2 eggs
¾ cup powdered sugar
2 oz. almonds
Puff paste

Beat the eggs until stiff; add the sugar gradually, then the almonds, which have been blanched and chopped fine. Roll the paste ⅛ inch thick. Cut in strips 3½ inches long and 1 inch wide. Spread the mixture on each strip to within ¼ inch of the edge. Sprinkle with powdered sugar and bake 15 minutes in a moderate oven.

Mrs. Norman S. Essig

COOKIES

1⅛ lbs. butter
1 lb. flour
1 lb. sugar
2 eggs
Pinch of salt

Cream butter and sugar, add egg, salt and flour. Make in long rolls on floured platter and stand in ice-box over night. In the morning cut very thin with a knife and brush with egg white and dust with sugar.

Mrs. Herbert Fox

COOKIES

5 oz. butter
7 oz. pulverized sugar
8 oz. flour
1 egg
½ nutmeg grated, or cinnamon if preferred
¼ tsp. salt

Beat the egg without separating and stir it into the creamed butter and sugar, add the nutmeg and salt, then the flour. Turn into a small bowl and stand in the refrigerator for 3 or 4 hours, or until the next day if more convenient, when they will roll out very thin. Bake in a quick oven until a light brown.

Mrs. James F. Magee, Jr.

COOKIES

2 cups granulated sugar
1 cup shortening (lard and butter or all lard)
3 eggs
1 cup sour cream or sour milk
Nutmeg
1 tsp. lemon extract
5 cups flour
1 tsp. soda (in sour cream)
1 tsp. baking powder (in flour)
Salt

Dropped with a teaspoon on floured tins. Makes 5 dozen.

Mrs. Walter Wilhelm.

KARRIE'S KOOKIES

Sold by American Red Cross Auxiliary 84.

½ cup melted lard
1 cup brown sugar
½ cup milk
1 egg
1½ cups flour or substitute
½ cup raisins
½ cup nuts
½ tsp. salt
Vanilla
1½ tsp. baking powder
2 squares melted chocolate

Drop on buttered tins. MRS. E. PUSEY PASSMORE

OATMEAL COOKIES

1 cup sugar
1 tbsp. butter
2 eggs
1½ tsp. baking powder
1½ tsp. almond extract
2½ cups rolled oats

Cream butter and sugar, add well-beaten eggs and almond extract. Then add rolled oats and baking powder. Drop on greased pans about ½ tsp. of mixture far enough apart so cakes do not run together. Bake in rather quick oven.

MRS. D. H. CANTRELL

SUGAR COOKIES

2 cups sugar
2 eggs
1 cup butter
½ cup cornstarch
1 tsp. soda

MRS. A. REED MCINTIRE

SUGAR COOKIES

½ cup butter
1 cup sugar
¼ cup milk
1 egg
½ tsp. baking powder
Flour to roll thin
Flavoring

Roll a little at a time. Cut out. Bake about 10 minutes. They may be flavored with vanilla, lemon or cinnamon, using 1 tsp. Any cake recipe with butter may be used for cookies, adding flour to it so as to roll thin. CONTRIBUTED

JUMBLES, No. 1

1 cup sugar
1 cup butter
1 egg, beaten whole
1½ cups sifted flour

Cream sugar and butter, add egg, then slowly add sifted flour. Flavor and drop from teaspoon on baking-tins. Bake in quick oven. CONTRIBUTED

JUMBLES, No. 2

½ lb. butter
½ lb. sugar
2 eggs
⅛ nutmeg
½ lb. flour

Sift the spice with the flour. Cream the butter; add the sugar gradually. Add the eggs unbeaten and stir until light. Add the flour slowly and mix well. Place the dough on a smooth baking sheet, using 1 tsp. for each jumble. Bake in a moderate oven until the edges are a delicate brown. Remove from the sheet as soon as they are taken from the oven. CONTRIBUTED

MÉRINGUE GLACÉ

Whites of 4 eggs
½ tsp. vanilla
1¼ cups powdered sugar or 1 cup fine granulated sugar

Beat the whites until stiff, add gradually two-thirds of sugar, and continue beating until the mixture will hold its shape; fold in remaining sugar and add flavoring. Shape with a spoon or pastry bag and tube on wet board covered with letter paper. Bake 30 minutes in slow oven, remove from paper, and put in pairs together, or if intending to fill with whipped cream or ice cream, remove soft part with spoon and place méringues in oven to dry.

MRS. NORMAN S. ESSIG

COCOANUT MACAROONS

Whites of 2 eggs
½ cup pulverized sugar
2 cups shredded cocoanut

Beat the sugar slowly into the stiffly beaten whites of eggs. Drop from teaspoon in buttered tins. Bake about 30 minutes in a moderate oven. MRS. HAROLD DELANCEY DOWNS

MACAROONS

Whites of 2 eggs
1½ cups almond powder

Mix the almond powder gradually with unbeaten whites of the eggs. The mixture should be stiff enough to look somewhat rough. If not sufficiently thick, more powder must be added. Cover baking-sheets with unbuttered paper. Drop the macaroon mixture on the paper, allowing 1 tsp. for each macaroon. Bake

in a very slow oven for 15 minutes, or until a delicate brown. The time should not exceed 20 minutes.

When done, remove the sheet of paper and turn it upside down on a cake-cooler. Moisten the paper on the under side and remove the macaroons, or the paper may be laid on a wet board and allowed to stand until they can be removed. When cool, place in a tin box or a Mason jar. CONTRIBUTED

SPONGE FINGERS

Whites of 3 eggs
⅓ cup powdered sugar
Yolks of 2 eggs
⅓ cup flour
$\frac{1}{16}$ tsp. salt
¼ tsp. vanilla

Beat the whites of the eggs until stiff and dry, add sugar gradually, and continue beating; add yolks of eggs, beaten until thick and lemon colored, then the vanilla. Fold in the flour, which has been sifted with the salt. Put mixture into a pastry-bag and shape 4½ inches long and 1 inch wide on a tin sheet, covered with unbuttered paper. Sprinkle with powdered sugar and bake 8 minutes in a moderate oven. Remove from the paper with a knife. CONTRIBUTED

FILLING FOR CHARLOTTE RUSSE

1 tsp. granulated gelatin
¼ cup cold water
⅓ cup scalded cream
⅓ cup powdered sugar
1½ tsp. vanilla
3½ cups whipped cream

Soak gelatin in the cold water, dissolve in the cream, strain into a bowl; add sugar and vanilla. Place bowl in iced water and stir constantly and as it thickens fold in whipped cream, not all at once but one-third at a time. Should the mixture harden too quickly, melt over hot water, and again cool by stirring, then add the remaining whipped cream. Serve in center of one large dish lined with lady fingers or individual dishes lined with lady fingers.

MRS. NORMAN S. ESSIG

ROLLED ALMOND WAFERS

¼ cup butter
½ cup powdered sugar
⅜ cup bread flour
½ tsp. vanilla
¼ cup milk
⅜ cup finely chopped almonds

Cream the butter, add the sugar gradually; then the milk, little by little. Add the flour and flavoring. Spread the mixture

very thinly on buttered baking-sheets. Use a spatula or thin knife for the purpose. Sprinkle well with chopped almonds. Mark in 3-inch squares and bake very slowly until a delicate brown. Draw the pan to the door of the oven, separate the squares, turn them upside down, and roll them quickly in cylinder or cornucopia form. If in cornucopia form, they may be filled with sweetened and flavored whipped cream. CONTRIBUTED

CREAM PUFFS

1 cup hot water
½ cup butter
1½ cups pastry flour
5 eggs

Heat the butter and water until the water boils. Add the flour all at once and mix thoroughly. Cook 5 minutes, and when cool add the eggs unbeaten and one at a time. Beat until thoroughly mixed. Drop by tablespoon on buttered baking-sheets and bake in a moderate oven 25 or 30 minutes. When cold make an opening with a round pastry tube and fill with cream.

CREAM FILLING

⅓ cup flour
2 cups scalded milk
2 eggs
⅞ cup sugar
⅛ tsp. salt
1 tsp. vanilla
1½ tsp. butter

Moisten the flour with a little cold milk, add this to the hot milk. Cook 15 minutes in double boiler. Beat the eggs, sugar and salt together. Add to them the hot liquid and butter, return to double boiler and cook until the egg thickens. Remove from the fire; when cool add flavoring. MRS. NORMAN S. ESSIG

PLUNKETS

5 oz. butter
6 oz. pulverized sugar
3 eggs
4½ oz. cornstarch
1 oz. flour
Pinch of mace

Beat butter and eggs until light, add sugar, beat to cream; put eggs in separately, beating a few minutes between each one, then flour, cornstarch and mace. Bake in quick oven in small tins.

MISS MARIAN L. HAINES

HERMITS

2 cups sugar
1 cup butter
3 eggs, well beaten
½ cup sour milk
1 level tsp. soda
½ lb. figs
½ lb. English walnuts
1 teacup seedless raisins
2 tsp. cinnamon
½ tsp. cloves
3 cups flour
3 tsp. vanilla

Cream sugar and butter, add eggs. Add soda to sour milk. Now chop figs, walnuts and raisins, mix cinnamon, cloves, flour and vanilla with this. Drop this batter, using a teaspoonful at a time, on well-larded baking-tins, 2 inches or so apart, and bake until light brown only.

MRS. NORMAN S. ESSIG

SAND TARTS

1 lb. sugar
Yolks of 3 eggs
½ lb. butter
Whites of 2 eggs
Flour enough for thick paste

Roll thin and cut. Bake, sprinkle with sugar and cinnamon while hot.

MRS. F. R. SAVIDGE

ROCKS

1 scant cup butter
1½ cups white sugar
3 eggs
1 tsp. cinnamon
½ tsp. soda
1 lb. English walnuts, broken up
1½ cups seeded raisins, cut up
3 cups sifted flour

Cream butter and sugar, then well-beaten yolks of eggs, cinnamon, then soda mixed in a little hot water, then add flour and well-beaten whites; last, nuts and raisins well floured with a portion of the 3 cups. Drop from teaspoon on greased pan a distance apart and bake in a brisk oven.

MRS. WILLIAM E. DANNER

CINNAMON BUN

Butter size of egg
1 cup sugar
1 egg
3 tsp. baking powder
2 cups flour before sifting
1 cup milk
Cinnamon
Brown sugar

Cream butter and sugar, then drop in egg and beat well; add baking powder, flour and milk. Put in pan. Put melted butter on top and then cinnamon and brown sugar mixed, and bake. Mrs. William E. Danner

CINNAMON BUNS

1 cup warm milk
1 tsp. salt
½ cup sugar
1 tbsp. butter
1 cake compressed yeast
Flour to make a soft dough
4 egg yolks or 2 whole eggs
½ cup butter
4 tbsp. cinnamon
2½ cups brown sugar
1 cup currants (if desired)
Molasses

Beat the milk, salt, sugar, butter, yeast and flour thoroughly. When the dough has risen add the beaten yolks of 4 eggs or 2 whole eggs, and flour enough to roll the mixture into a sheet ¼ in. thick. Spread with ½ cup butter, and sprinkle thickly with cinnamon, brown sugar and currants if desired. Roll the dough as in making jelly roll, and cut it into slices 2 inches deep. Place the slices close together in a baking-pan with the cut surfaces up and down. When risen to twice their former size, bake in a moderate oven; just before putting into the oven brush the tops with molasses.

Mrs. Norman S. Essig

VERY SIMPLE DUTCH CAKE

Butter size of an egg
1 egg
½ cup sugar
1 cup milk
2 tsp. baking powder
2 cups flour

Spread sugar and cinnamon on top and sprinkle lightly with water. This quantity fills two round cake-tins. Cut like a pie and serve hot. Mrs. Charles G. Hodge

OATMEAL COOKIES

2 cups dry oatmeal
2 cups sifted flour
1 cup milk
1 cup butter and lard (equal parts)
1 lb. brown sugar
2 eggs
2 tsp. ground cinnamon
2 tsp. ground nutmeg
¼ tsp. ground cloves
¼ tsp. salt
2 tsp. baking powder
1 pkg. seeded raisins

Mix together the oatmeal, flour, spices, raisins, salt and baking powder. Cream the butter, lard and sugar. Add the eggs (un-

beaten). Beat this well and add milk and stir mixture into dry ingredients. Drop into pans and smooth out to about ¼ inch thick. Bake from 10 to 20 minutes in moderate oven. Leave in whole sheet or cut as little as possible before putting away. Place wax paper between layers if necessary to cut. Cut in small squares to serve. MRS. CHARLES G. HODGE

MÉRINGUES

½ lb. granulated sugar **Whites of 4 eggs**

Beat the whites stiff, add the sugar a little at a time. Bake 45 minutes in a moderate oven on lard-prepared flat pans. About a tablespoonful of the mixture for each méringue.

MISS IRENE C. EISENBREY

WALNUT KISSES

1 lb. sugar
6 eggs (whites only)
Pinch of cream of tartar
1 pt. walnuts (chopped fine)
1 tbsp. flour (more if needed)

Drop from teaspoon on wax papers. They are very hard to lift from the pans if not on paper. Bake in moderate oven until golden brown. MRS. HAROLD B. BEITLER

BROWN SUGAR HERMITS

1 cup brown sugar
½ cup shortening
1 egg creamed all together
⅓ cup sour milk
½ tsp. soda
½ tsp. cinnamon
¼ tsp. clove
Little salt
½ cup raisins, chopped
Flour to roll not very stiff

Cream sugar, shortening and egg together. Add other ingredients. Shape in small cookies and bake.

MRS. G. A. VAN LENNEP

HERMITS

1½ cups brown sugar
1 scant cup butter
2½ cups flour
3 well-beaten eggs
1 tsp. soda dissolved in boiling water
1 cup seeded raisins (chopped)
1 cup walnuts (chopped and salted)

Drop in small spoonfuls on buttered tins and bake in a moderate oven. MRS. HAROLD B. BEITLER

PASTRY, PIES AND PUDDINGS

The pie is an English institution, which, planted on American soil, forthwith ran rampant, and burst forth into an untold variety of genera and species.— H. B. Stowe.

GENERAL RULES FOR PASTRY

All the materials must be as cool as possible. Pastry flour should be used. The following fats may be used alone or in combination of two: butter, butterine, lard, cottolene, beef drippings. The fat should not be cut very fine if a flaky crust is desired. Baking powder is sometimes used. The dough should be mixed with a knife and not touched with the hands. It should be rolled in one direction only, and on one side, using but little flour. The dough is rolled thin and baked until brown.

All pies made with fresh fruit should be made without an under crust. If sugar is used with fruit it should be placed on the bottom of the pie-plate. The crust should be cut in several places to allow the steam to escape. If an undercrust is used, this crust should be baked on the outside of a tin plate, then filled. In this case the crust must be pricked all over so as to keep its shape. If two crusts are used, the lower one should be moistened around the edge with cold water, then a half-inch strip of paste should be placed around the edge of the under crust. This strip should be moistened, and the upper crust placed over the pie and pressed slightly around the edge. The paste may be made the day before using, then covered and placed on ice. It rolls more easily if placed on ice after mixing. CONTRIBUTED

PLAIN PASTRY

1¼ cup pastry flour **¼ tsp. salt**
¼ tsp. baking powder (if used) **⅓ or ½ cup fat**
Ice water

Mix in order given. CONTRIBUTED

PATTY SHELLS

Roll puff paste ¼ inch thick. Cut with a patty cutter and remove the centers from one-half the round with a small cutter Dampen the rounds near the edges and fit a ring on each, pressing lightly. Place in a towel between two pans of ice and chill the paste until stiff. In cold weather it may be chilled out of doors.

Place the patties on a baking-sheet covered with two thicknesses of brown paper and bake in a hot oven for about 25 minutes.

They should rise to full height and begin to brown in 12 or 15 minutes. The pieces cut from the rings may be baked and used for patty covers. When the patty shells are baked, remove the soft inside with a fork.

CONTRIBUTED

CREAM HORNS

Roll puff paste in a long narrow strip ⅓ inch thick. Cut in strips 1 inch wide and 15 inches long. Roll the strips over wooden or metal cones, beginning at the top and having the edges overlap. Bake in a hot oven until a delicate brown. Remove from the oven and brush over with white of egg, slightly beaten, and mixed with 1 tsp. cold water. Sprinkle with sugar, return to the oven, and brown. Loosen at the end and slip the cones from the forms.

When cold, fill with whipped cream, sweetened and flavored.

CONTRIBUTED

SPANISH QUINCE PIE

Line a deep plate with puff paste and bake until brown. Fill with a layer of quince marmalade, quite thick, cover with whipped cream that has been flavored with a little and sweetened with powdered sugar, and decorate the top with preserved cherries, angelica or citron. Serve very cold.

MRS. NORMAN S. ESSIG

APPLE PIE

Wipe and cut tart apples into eighths; remove the core and skins. Vary the amount of sugar according to the acidity of the apples, using from 1 to 3 tbsp. for 1 apple. If the apples are not juicy, add from ½ to 1 tbsp. water according to the size of the apple. The apples may be flavored with lemon juice and lemon rind, cinnamon or nutmeg, and should be covered with bits of butter.

Place a narrow strip of paste around the edge of the plate, add the fruit and flavoring, and place the upper crust over all.

Bake in a hot oven until the apples are soft and crust is brown.

MRS. CHARLES G. HODGE

LEMON PIE, No. 1

1 large or 2 small lemons (remove seeds, squeeze out contents, grate one-half rind)
Yolks of 3 eggs, well beaten
1 teacup sugar
⅓ teacup milk or cream
½ tbsp. butter

Mix well, put in pastry and bake; when done take out and cool a little. Whites of 3 eggs beaten to a froth, then beat in 3 heaping tbsp. of sugar until stiff; spread on top of pie. Put in oven for a minute or so until brown.

PASTRY FOR ABOVE PIE

1 pt. flour
2 tbsp. lard
Pinch of salt, and mix with a little ice water

Miss Dorothy Helm Martin

LEMON PIE, No. 2

1 egg
1 cup sugar
2 tbsp. flour
Juice and rind of 1 lemon
1 cup cold water

Beat the yolk of the egg until light, add the sugar and flour gradually, then the juice and rind of the lemon. Mix thoroughly and add the cold water. Cook until like a thick custard, stirring constantly. When the mixture is cool, place it in a crust which has been baked. Cover it with a méringue made by beating the white of the egg and adding 1 tbsp. powdered sugar to it. Bake until a delicate brown.

Contributed

LEMON PIE, No. 3

3 cups boiling water
1 tbsp. butter
1 cup sugar
Juice and rind of 1 lemon
1 tbsp. cornstarch
4 eggs
½ cup sugar

Put the boiling water, butter, sugar, juice and rind of lemon in a double boiler. Mix in a bowl the cornstarch and yolks of eggs. Add to first mixture and stir until it thickens. Let cool, and put into a baked pie crust. Beat the whites of eggs with the sugar, very stiff, and cover pie. Brown in the oven.

Miss M. W. Lovell

LEMON MÉRINGUE PIE, No. 4

1 cup sugar
1 tsp. butter
3 eggs
½ cup milk
2 tsp. cornstarch
2 lemons

Beat together the sugar, butter and yolks of 3 eggs and white of 1. Let the milk boil, then add cornstarch, boil a minute or two. When cool put with the other mixture, add juice of 2 lemons and rind of 1. This makes one pie.

Miss Marian L. Haines

PASTRY

1 cup flour
½ cup lard
1 tsp. salt
Ice water to make a paste

Mix in a cool place with a knife and roll quickly.

LEMON PIE, No. 5

Grated rind of 1 lemon
Yolks of 3 eggs
½ cup sugar
Pinch of salt
4 tbsp. boiling water

Beat together and cook to a thin custard. Beat white of eggs to a stiff froth, adding sugar gradually. Pour custard into this and beat well. Bake crust, then add filling and put in oven to set and lightly brown.

Mrs. Willoughby F. Richardson

MÉRINGUE

Beat the whites of two eggs until stiff, add pulverized sugar until sweet enough. When the pie is cool, spread this on the top and brown (slightly) in a quick oven.

Miss Marian L. Haines

WASHINGTON PIE

1 tbsp. butter
1 cup sugar
3 eggs (beaten separately)
⅓ cup milk
1½ cups sifted flour
1 large tsp. baking powder

This will make 2 pies. When cold, split with sharp knife and spread with the following cream:

1 pt. milk
½ cup flour
2 eggs
1 cup sugar
¼ lb. Baker's chocolate
Vanilla

Heat milk in double boiler, add well-beaten eggs to which have been added flour and sugar. Stir until it thickens, then add melted chocolate and flavor with vanilla.

Mrs. E. G. Piper

RAISIN PIE

1 cup sugar
½ cup butter
1 cup chopped raisins
1 cup chopped nuts
3 eggs (reserve whites of 2 for top)
Pinch of salt
Juice of 1 lemon

Line muffin tins with pie crust, fill, add beaten whites on top and bake.

Evelyn Merwin

NUT MINCE PIE

Make the pastry for mince pie in the usual fashion, line the plates with it and fill with nut mincemeat, which is made thus:

1 cup chopped walnut meats
1 cup dark corn syrup
½ cup vinegar
1 cup seeded raisins
2 cups chopped apples
½ cup molasses
½ cup fruit juice
1 tsp. allspice
1 tsp. cinnamon
1 tsp. cloves
1 tsp. salt

Mix in the order named. This quantity will make 2 large pies.

The Epicure, Boston

ENGLISH MINCE MEAT

5 lbs. currants
2 lbs. seedless raisins
3 lbs. raisins, seeded
5 lbs. brown sugar
½ tsp. mace
½ tsp. cinnamon
5 lbs. suet
5 lbs. apples
4 lbs. citron
1½ lbs. blanched almonds

Have the suet, apples, citron and almonds chopped finely. Mix suet, apples, raisins, currants, citron and sugar and cook slowly for 1½ hours. Then add the spices and almonds.

Mince pies are always baked with both top and bottom crusts.

Mrs. Norman S. Essig

PUMPKIN PIE

Slowly bake the pumpkin in oven, then scrape out soft pumpkin ready for mixture.

1½ cups pumpkin
⅔ cup brown sugar
1 tsp. cinnamon
½ tsp. ginger
½ tsp. salt
2 eggs
1½ cups milk
1½ cups cream

Mix pumpkin, sugar, cinnamon, ginger and salt in the order given. Then add well-beaten eggs, milk and cream. Bake in 1 crust.

Mrs. Norman S. Essig

TARTS

Roll puff paste ⅛ inch thick and cut in 3-inch squares. Moisten each corner and fold it nearly to the center, pressing lightly. Bake on a sheet covered with paper. When cold, press down the centers and fill with jelly or jam.

Mrs. Norman S. Essig

DATE TARTE

4 eggs
1 cup powdered sugar
4 tbsp. flour
4 tbsp. milk
2 tsp. baking powder
1 lb. chopped dates
1 cup chopped nuts

Bake in muffin-tins. Mixture will be very thin before baking.

Evelyn Merwin

KRUMMEL TART

3 eggs
½ cup sugar
1 tsp. baking powder
4 large tbsp. fine soft bread crumbs
1 cup dates
1 cup walnut or pecan meats
Whipped cream

Separate the eggs, beat the yolks and sugar to a cream; add baking powder and beat again; add bread crumbs, dates cut in small pieces and walnut or pecan meats. Last fold in stiffly beaten whites of the eggs. Pour this into well-buttered pudding-dish and bake in a slow oven about 20 minutes. Let cool to one side until cold and serve in glasses, broken up in pieces, with

whipped cream flavored with a dash of grated orange rind, a cherry or two on top. Mrs. Robert Kline

APPLE ROLL

Make a syrup of ¾ cup sugar and 1 cup water. Dice 2 medium-size apples and cook in syrup. Make rich biscuit dough.

2 cups flour
2 tsp. baking powder
1 tbsp. sugar
1 tbsp. butter
Milk enough to make moderately stiff dough

Roll out and spread with apple, cinnamon and sugar. Roll up and cut. Sprinkle top with more sugar, cinnamon and butter. Bake brown and serve with cream.

Mrs. Willis F. Manges

CHERRY TART

Have a large, round scalloped "flan" tin, which is a large, deep pie-plate of tin with a fluted edge. Line this with good pastry, fill with rice or beans, and bake until the crust is done. Have a pint of thick sugar syrup, and cook ripe cherries in this until tender. Remove the filling from the pastry and line the mold with a layer of cream filling such as that used in Boston cream cakes. Arrange a layer of cherries over this, and boil down the syrup until it will spin a thread, then pour over just enough to coat the cherries, and let it cool. Serve very cold, with or without whipped cream. Strawberry flan is made in the same fashion. The English gooseberry tart is made in exactly the same way, and the dishes are the same save for the name—flan being used by the French and tart by the English.

The Epicure, Boston

FRENCH PORCUPINE

½ lb. butter
5 yolks eggs
24 lady fingers
6 tbsp. powdered sugar
4 tbsp. strong cold coffee
About a handful of almonds

Beat butter to a cream, add yolks of eggs, sugar and cold coffee, a few drops at a time. Blanch the almonds and cut like toothpicks, roast the pieces in 2 tbsp. sugar. Spread cream on a

dish, then layer of lady fingers, layer of cream, etc. Cover outside with cream and stick in almonds as closely as possible.

Mrs. Harold B. Beitler

PEACH RINGS (Pudding)

2 cups flour
½ tsp. salt
2 tsp. baking powder
2 tbsp. shortening
Milk

Make a dough of the flour, salt and baking powder; sift together and work in shortening, moisten with milk enough to hold together. Then roll out about ½ inch thick and cut into strips about 6 inches long and 1 inch wide. Place these belts of dough around very mellow whole peaches, which have been peeled, and press together the ends.

Now make a sauce of:

1 cup sugar
1 heaping tbsp. flour
Grating of nutmeg
2½ cups boiling water

Bring to a boil. Pour this sauce into a pudding-dish and into it place the peach rings. Bake until dough is well done and peaches softened. Serve with this same sauce and add as a finish either a hard sauce or whipped cream.

Mrs. Robert E. Kline, Boston

APPLES À LA BARONNE

Peel and core well-shaped apples. Fill cavity with equal parts of grated lemon peel and granulated sugar. Bake, being careful to retain their shape. When ready to serve, fill core with jelly. Serve hot or cold and with or without sauce.

Mrs. H. T. Siddons

SIMPLE BAKED RICE PUDDING

½ cup rice
¼ tsp. salt
¼ cup sugar
Sprinkling grated nutmeg
1 qt. or 4 cups hot milk

Scald the milk. Wash the rice and put it with salt, sugar and nutmeg into a buttered baking-dish, and pour on the hot milk. Bake it in a moderate oven from 3 to 4 hours, or until the rice is

thoroughly soft and the pudding is creamy. Stir it with a fork every 5 minutes until the last half hour. Then allow the pudding to brown. One cup scalded raisins added to the above recipe improves the pudding. Miss Mabel A. Leas

RICE PUDDING

½ cup rice, boiled soft
1 pt. milk
¼ box gelatin, soaked in cold water until dissolved
4 tbsp. sugar

Cool in a pan of water. Beat with egg-beater 1 qt. of cream, and stir into it when cool. Add a little chopped cherries and raisins and nuts. Serve with rich custard made only with yolks of eggs and milk and flavoring to taste.

Miss M. W. Lovell

ST. JAMES PUDDING

1 cup chopped raisins
1 cup molasses
1 cup sweet milk
½ cup shortening (half butter and half lard)
1 tsp. soda
2 tsp. spices

Flour to stir to as stiff a batter as common cake. Steam 2 hours.

SAUCE FOR ABOVE

1 tsp. cornstarch
½ cup butter
1 cup sugar
2 eggs

Wet cornstarch with water; add ½ cup water and cook until thick. Cream together butter and sugar; beat in eggs, whites and yolks separately, and add to the cornstarch. Cook 1 minute, flavor. Mrs. A. Reed McIntire

STOCKHOLM PUDDING

1 lb. almonds
1½ lbs. prunes
6 oz. sugar
¾ cup water
1 lb. macaroons
1 egg
1 gill milk
Whipped cream

Cook the prunes in a double boiler 3 or 4 hours, then remove the stones and cut with knife into small pieces. Wet a pudding mold with cold water and put in a layer of prunes, then a layer of

finely chopped almonds; then a layer of stale macaroon crumbs. Repeat until the prunes are used up, having a layer of them to finish with. Mix 1 egg with 1 gill of milk and any left-over juice, pouring this liquid over the contents of the mold, using a knife-blade to separate the prunes so that the liquid goes all through. Cover with greased paper and steam 40 minutes. Serve cold, turned out on plate and use whipped cream sweetened. This will serve 10 people and is very rich.

Mrs. Martin J. Mulkin

CHOCOLATE PUDDING

1 pt. milk
1½ cups sugar
2 oz. chocolate
½ tbsp. cornstarch
3 eggs
1 tsp. vanilla
Little salt

Put milk in double boiler, add sugar and chocolate. After these dissolve stir in cornstarch. When it has cooked about 5 minutes, or until it has thickened, pour in the beaten eggs.

SAUCE

1 cup whipped cream
1 tsp. vanilla
½ cup powdered sugar

Serve in glasses with cream on top.

Mrs. Thomas S. Dando

GRANDMA'S PUDDING

1¾ cups bread crumbs
1½ cups flour
¾ cup chopped suet
1 cup milk
1¾ cups brown sugar
1 tsp. black molasses
Salt and nutmeg to taste
1¼ cups seedless raisins, chopped
¾ cup currants
1 egg
1 tsp. baking powder

Steam 2 hours and serve with a hard sauce.

Mrs. K. S. Lueders

SOFT GINGER PUDDING

½ cup brown sugar
1 cup New Orleans molasses
¾ cup shortening (half butter and half lard)
½ level tsp. ginger
1 level tsp. cinnamon
¼ level tsp. cloves
Salt, nutmeg
1 level tsp. soda dissolved in 1 cup hot water

Sift in slowly 2 cups of sifted flour—add 1 beaten egg, bake and serve hot with marshmallow whip.

Mrs. L. K. Holder

CHRISTMAS PLUM PUDDING

1 lb. currants
1 lb. raisins
¼ lb. candied orange peel
¼ lb. citron
½ lb. finely chopped suet
½ lb. stale bread crumbs
¼ lb. flour
½ lb. brown sugar
1 grated nutmeg
¼ tsp. allspice
1 tbsp. cinnamon
8 eggs
½ pt. grape juice

Wash and dry currants, stone raisins, cut very fine candied orange peel and citron and mix together with finely chopped suet, bread crumbs, flour, brown sugar, nutmeg, allspice and cinnamon. Beat eggs and pour over the dry ingredients, add grape juice, mix thoroughly and pack into one large or several small, individual molds and steam 6 hours and set away. When wanted to serve, steam 2 hours longer and serve with hard sauce. Sprigs of holly should be used for the decoration.

Mrs. Norman S. Essig

ENGLISH PLUM PUDDING

½ lb. suet
2½ lbs. raisins
2½ lbs. currants
1 lb. sugar
¼ lb. citron
3 pts. flour
1 nutmeg
1 tsp. cloves
1 tsp. cinnamon
6 eggs
1 qt. milk
Salt to taste

Boil in bag for 6 hours.

Mrs. A. Reed McIntire

PLUM PUDDING

1 lb. raisins
1 lb. currants
¼ lb. candied orange peel
¼ lb. citron
½ lb. chopped suet
½ lb. stale bread crumbs
¼ lb. flour
½ lb. brown sugar
1 nutmeg, grated
1 tbsp. cinnamon
¼ tsp. allspice
8 eggs

Wash and dry currants. Cut citron and orange peel very fine. Stone raisins. Mix all dry ingredients together. Beat eggs.

Pour them over the dry ingredients and mix thoroughly. Pack into greased molds, and boil 6 hours at time of making and 3 hours when wanted for use. Serve with sauce.

SAUCE

¼ cup butter
1 cup sugar
Yolks of 2 eggs
½ cup milk or cream
Whites of 2 eggs

Cream butter, add sugar gradually, then well-beaten yolks, and milk or cream. Cook over hot water until it thickens as a custard, pour on the beaten whites.

Mrs. Norman S. Essig

BOILED PLUM PUDDING

1 lb. raisins
1 lb. currants
½ lb. suet, chopped fine
1 lb. sugar
½ lb. flour
½ lb. dried bread crumbs
8 eggs
Nutmeg and allspice to taste
Milk enough to make a batter

Steam or boil for 6 hours. When ready to use, steam 4 hours longer. This is an old English recipe and very fine.

Miss Marian L. Haines

FRUIT PUDDING

1 pt. flour
2 tsp. baking powder
1 tsp. salt
4 tbsp. beef suet (finely chopped)
¼ cup sugar or molasses
½ tsp. nutmeg
½ cup currants
½ cup raisins

If molasses is used, ½ cup milk; if sugar is used, ¾ cup. Put into a well-greased mold or into small molds. If in small molds, cook over boiling water for 1¼ hours; if in a larger mold, cook for 2½ hours.

Contributed

ENGLISH PLUM PUDDING

1 lb. raisins
1 lb. suet, chopped fine
¾ lb. stale bread crumbs
1 lb. brown sugar
1 lb. currants
¼ lb. flour
5 eggs
½ lb. minced candied orange peel
½ lb. minced candied citron
1 lemon rind, grated
1 lb. grated carrots
½ tsp. grated nutmeg
Salt to taste

Mix all dry ingredients together. Beat eggs and pour over dry ingredients, then mix very thoroughly. Pack into 4 bowls or molds and boil for 6 hours. When ready to serve, boil another 6 hours.

SAUCE FOR PLUM PUDDING

4 eggs
1 cup pulverized sugar
¼ cup melted butter

Add sugar to eggs beaten light; melted butter to taste. Just heat a long time and it is ready to serve.

MRS. NORMAN S. ESSIG

DELICIOUS SAUCE FOR FIG PUDDING
(Canned Fig Pudding is splendid)

1 egg
½ cup powdered sugar
Whipped cream
Vanilla

Beat white of egg, add powdered sugar and stir, add yolk of egg and beat until light. Add whipped cream. Flavor with vanilla. Serve sauce cold.

EVELYN MERWIN

CANARY PUDDING (English)

Flour
Butter
Sugar
2 eggs
1 gill milk
1 tsp. baking powder
Vanilla

The weight of 2 eggs in flour, butter and sugar. Beat butter and sugar to a cream, add the yolks of the eggs and beat well; then beat in the flour in which the baking powder and milk have been well mixed, beat whites of eggs to a stiff froth and add to the mixture. Flavor with vanilla. Steam 2 hours.

SAUCE

Butter
1 tbsp. flour
1 tbsp. sugar
½ grated nutmeg
½ pt. boiling milk
1 egg

Put in a small saucepan a piece of butter the size of an egg and when melted stir in flour, sugar and grated nutmeg. Add boiling milk and stir until thick, then add the yolk of egg and before sending to table beat the white of egg to a stiff froth and stir well in. MRS. CHARLES W. PHELPS

BLUEBERRY MUFFINS

Flour
2 eggs
1 large tbsp. Crisco
1 cup sugar
2 level tsp. baking powder
½ cup milk

Sift in enough flour to make a stiff dough. Flour 1 cup of berries and work in with dough. Bake about 20 minutes. This makes 18 muffins.

SAUCE FOR MUFFINS

One cup sugar to 2 cups of berries. Stew down and thicken with 1 tsp. cornstarch. This makes enough sauce for the 18 muffins and served this way it makes a most delicious pudding dessert. MISS VIOLETTE T. HAINES

HUCKLEBERRY PUDDING, No. 1

2 cups flour
1 cup milk
2 cups huckleberries
2 tsp. baking powder
1 egg
½ cup sugar
Pinch of salt

Bake 1 hour or boil 2 hours. Serve with hard sauce.
MRS. H. T. SIDDONS

HUCKLEBERRY PUDDING, No. 2

½ oz. butter
2½ cups brown sugar
3 eggs, whites and yolks beaten separately
1 pt. flour
½ tsp. cinnamon and cloves
½ tsp. soda, dissolved in hot water
1 qt. berries

Bake ¾ hour.

SAUCE

Butter the size of an egg, beaten together with confectioners' sugar. MISS VIOLETTE T. HAINES

HUCKLEBERRY PUDDING, No. 3

2 boxes huckleberries
5 cups flour
½ lb. butter
2 tbsp. baking powder
3 eggs
1 cup sugar
2 cups milk

Beat eggs and butter to a cream, then add alternately the milk and 3 cups of the flour. Now add 2 cups flour to the berries, adding baking powder. Grease pan and bake 25 minutes.

SAUCE

½ lb. butter
2 cups powdered sugar
Whites of 2 eggs

Stir all to a light cream, flavor to taste with vanilla. This will serve 10 people.

MRS. NORMAN S. ESSIG

DATE PUDDING, No. 1

2 cups water
1 cup brown or white sugar
3 tbsp. cornstarch
1 cup sliced dates
Whipped cream
Chopped nuts

Boil sugar and water 10 minutes, add cornstarch and cook till clear, add dates and mold in cups. Serve ice cold with whipped cream and chopped nuts.

MRS. EDWARD E. MONTGOMERY

DATE PUDDING, No. 2

1 tbsp. butter, beaten with
¾ cup sugar
3 eggs (well beaten)
2 tbsp. sifted flour
1 tsp. baking powder
1 cup chopped dates
1 cup pecans or walnuts

Bake 45 minutes in slow oven and serve with whipped cream. When baking, place pan in another pan of water.

CONTRIBUTED

DATE AND NUT SOUFFLÉ

1 heaping cup dates
1 cup chopped English walnuts
4 eggs
1 cup sugar
2 tbsp. flour
1 tbsp. baking powder
Salt

Cut dates fine (with scissors), flour dates; add English walnuts, yolks of eggs beaten light; beat in sugar, flour (baking powder in flour and salt). Fold in stiffly beaten whites of eggs and bake 45 minutes in moderate oven in open-center mold.

Mrs. G. A. Van Lennep

PEACH PUDDING

1½ measuring-cups flour
½ cup butter
1 tsp. baking powder
Pinch of salt
1 egg
Milk
Sugar
Cream

Beat egg in measuring-cup, fill cup with milk to ½ cup (egg and milk making ½ cup). Fill buttered dish with dough, then add sliced ripe peaches until the dish is filled, add plenty of butter and 4 handfuls of sugar. Bake 1 hour, serve at once with cream.

Mrs. Brooke M. Albrecht

PRUNE WHIP

⅓ lb. prunes
Whites of 5 eggs
½ cup sugar
½ tsp. lemon juice

Soak several hours in cold water, cook in same water until soft, stone and rub prunes through strainer, add sugar and cook 5 minutes. Mixture should be of consistency of marmalade. Beat whites of eggs until stiff, add prune mixture slowly when cold and lemon juice. Pile in buttered baking-dish and bake 20 minutes in slow oven. Serve cold with boiled custard sauce.

Miss M. W. Lovell

PRUNE PUDDING

¾ lb. prunes
Whites of 4 eggs

Stewed and sweetened prunes mashed through a colander. Whites of eggs beaten. Put in the prunes and beat together. Bake 20 minutes. Serve with whipped cream. Miss M. W. Lovell

PRUNE OR PEACH PUDDING

1 cup prunes or fresh mashed peaches
4 eggs (whites)
1 tbsp. gelatin
½ cup sugar
½ cup cold water
½ cup boiling water

Soak gelatin in cold water, then add boiling water and stir until dissolved. Beat whites of eggs stiff. Add sugar, prunes or peaches, then stir in slowly the gelatin, beating constantly. Chill and serve with cream.

Mrs. Norman S. Essig

CARROT PUDDING

½ lb. beef suet
½ lb. grated carrots
½ lb. flour
Pinch of salt
¼ tsp. soda
½ tsp. cream of tartar in flour
½ cup milk
½ lb. raisins
½ lb. currants
Spice to taste

Boil for 3 hours.

Mrs. F. R. Savidge

PINEAPPLE SPONGE

1 tbsp. Knox's gelatin
½ pt. canned pineapple
½ cup water
½ cup sugar
2 eggs

Scald pineapple and sugar to dissolve sugar. Add gelatin dissolved in ½ pt. of water. When cool, add well-beaten whites of two eggs. Beat until stiff. Use yolks of eggs for rich custard for sauce or whipped cream.

Mrs. James A. Campbell

KENSINGTON PUDDING

1½ cups flour
¾ cup brown sugar
2 tbsp. butter
2 tbsp. jam (strawberry or raspberry is best)
1 tsp. soda
1 cup sweet milk

Steam 1 hour.

Mrs. William E. Danner

APPLE MÉRINGUE PUDDING

1 pt. stewed apples
3 eggs
1 tsp. nutmeg
1 tbsp. butter
2 tbsp. powdered sugar
1 tsp. almond flavoring

While the stewed apples are still hot add the spices, which have been thoroughly mixed, the butter and well-beaten yolks of the eggs. Beat until light and put into a buttered baking-dish

and cook 10 minutes in a hot oven. Draw from the oven and cover with a méringue made with the whites, sugar and flavoring. Brown and cool to a moderate heat before serving. Serve with cream.

CONTRIBUTED

APPLE DUMPLINGS

Prepare the dough for baking-powder biscuits. Roll it out with a rolling-pin and cut in squares. Fill the center of each square with slices of apple or an apple pared and cored. Very hard apples must not be used. Fold the dough over the apples.

MRS. NORMAN S. ESSIG

APPLE PUDDING, No. 1

1 cup suet, chopped fine
3 cups grated bread
1 cup brown sugar
1 cup molasses
1 cup raisins
1 cup currants
2 cups apples, chopped fine
3 eggs
1 tsp. cinnamon
½ tsp. allspice
½ tsp. cloves
1 tsp. salt
1 tsp. soda (in hot water)

Steam 3 hours.

MRS. AUBREY J. DANDO

STEAMED APPLE PUDDING, No. 2

2 cups pastry flour
4 tbsp. baking powder
½ tsp. salt
2 tbsp. butter
¾ cup sweet milk
4 apples
1 tbsp. sugar
Grated nutmeg

Sift pastry flour with baking powder and salt; work butter in with the tips of the fingers, and add sweet milk gradually to this, mixed in with a knife. It is tossed on a floured board, rolled out, and in the center are put 4 apples which have been peeled and cut in eighths. Mix sugar with ¼ tsp. each of salt and grated nutmeg and sprinkle over the apples, bring the dough up around the fruit, and lift the whole carefully into a buttered pudding-mold, cover closely and steam for 1 hour and 20 minutes. This may be served with vinegar sauce, but better still is thick sweet cream, sweetened with scraped maple sugar and flavored with nutmeg or whipped cream.

MRS. NORMAN S. ESSIG

APPLE SNOW

2 small apples
1 tbsp. sugar
White of 1 egg
Cream

Cut apples into quarters and remove the cores. Cook them with a small amount of water until soft. Drain and rub through a fine sieve. Beat the white of the egg, add the sugar gradually, and slowly beat in the strained apple. Serve with cream.

CONTRIBUTED

LEMON PUDDING

3 tbsp. cornstarch
Sugar to taste
2 lemons (rind and juice)
2 eggs

Mix cornstarch with cold water, then pour sufficient boiling water to turn it and boil for a few minutes; it does not require to be very thick. Add sugar to taste, grated rind and juice of lemons and eggs (yolks) well beaten. Pour the mixture into a glass dish when cool enough. Before sending to table, beat up the whites to a stiff froth and spread on top.

MRS. C. M. PHELPS

MANHATTAN PUDDING

4 oranges
2 lemons
1 pt. heavy cream
1 cup chopped walnut meats

Mix juice of oranges and lemons and sweeten to taste. Whip heavy cream, add walnut meats, sweeten and flavor to taste. Fill mold with mixture. Pack in ice and salt and let stand 3 hours.

MISS M. W. LOVELL

BISCUIT TORTONI

¾ cup granulated sugar
¾ cup water
3 eggs
1 pt. whipping cream
1 doz. stale macaroons

Boil sugar and water until it spins a hair. Beat the whites of eggs to a stiff froth. Beat yolks and add to whites. Pour the syrup slowly into the beaten eggs and beat until cold. Whip cream stiff. Add to mixture when sufficiently cold. Be sure to add cream slowly so as not to curdle. Roll macaroons to a

paste, and sprinkle thickly on bottom of greased mold. Put a layer of waxed paper; then cover. Bury in salt and ice for 4 hours.

Mrs. Walter D. Banes

CUSTARD SOUFFLÉ

2 scant tbsp. butter
2 tbsp. flour
2 tbsp. sugar
1 cup milk
4 eggs

Let milk come to a boil. Melt the butter and stir in the flour. Add gradually the boiling milk to it. Cook 8 minutes, stirring very often. Beat the sugar and yolks of eggs, add and set to cool. When cool beat whites of eggs to stiff froth and add. Bake 20 minutes in a moderate oven and serve immediately with Fairy sauce.

Mrs. James A. Campbell

MARSHMALLOW PUDDING

1 pt. cream
½ lb. English walnuts
½ lb. marshmallows
2 tbsp. maraschino
2 tbsp. sugar

Cut marshmallows in quarters with a wet knife, and roll in powdered sugar. Chop nuts a little. Whip the cream and mix all together. Garnish with maraschino cherries.

Miss M. W. Lovell

CARAMEL CREAM

4 oz. sugar
1 qt. milk
4 eggs
1 tsp. vanilla

Put sugar and ½ cup of water in a saucepan and cook until it becomes a dark amber color and has the consistency of treacle, then pour into a dry charlotte mold; turn the mold round and round until it gets completely lined with the caramel. Beat the eggs and sugar well and then add the vanilla, add to the boiling milk and then pour in the prepared mold. Cover with a buttered paper and steam until firm (about 1 hour), then unmold on a dish. Can be served hot or cold.

Mrs. Walter E. Rahte

MARMALADE PUDDING

¼ lb. bread crumbs
¼ lb. suet
¼ lb. sugar
¼ lb. marmalade
1 egg

Put the bread crumbs into a basin. Mix them with the finely minced suet, add marmalade and sugar. Stir to mix thoroughly. Beat the egg to a froth and add to other ingredients. When mixed, put pudding in mold or buttered basin; tie down with a floured cloth and boil or steam for 2 hours.

MRS. A. J. DANDO

COTTAGE PUDDING

2 cups suet
2 cups bread crumbs
¾ cup sugar
1 cup currants
1 cup yellow raisins
Cinnamon to taste
Pinch of cloves
Pinch of allspice
1 heaping tsp. baking powder
3 eggs
Milk

Mix well together with small quantity milk, eggs well beaten and added last. Butter mold and boil 1 hour. Serve hot with hard sauce.

MRS. THOMAS P. HUNTER

CHOCOLATE ROLL

5 eggs
½ cup powdered sugar
2 tbsp. Baker's cocoa

Separate yolks and beat until very light, add sugar slowly, then cocoa. Beat whites, then add to yolks and beat 15 minutes. Turn into a greased pan and bake in a hot oven 20 minutes.

When baked, turn out or roll in a pan. Wrap in a damp cloth. Just a few minutes before serving, unroll and spread thick with vanilla ice cream or whipped cream, then roll. Cover with hot chocolate sauce, and serve.

MRS. L. P. LEAS

BREAD PUDDING

1½ cups stale bread
¼ tsp. salt
½ cup sugar
2 cups milk
1 egg (beaten light)
1 tsp. vanilla
or
⅛ tsp. nutmeg

Put the bread into a buttered baking-dish. Pour on the milk and let the bread soak in the milk ½ hour; add the sugar, salt, beaten egg and flavoring. Set the dish into a pan of hot water and cook in a moderate oven until the pudding is firm and brown on top (about 35 minutes); ½ cup of small seedless raisins may be added. Serve the pudding plain or with hard sauce.

Miss Mabel A. Leas

CHOCOLATE BREAD PUDDING, No. 1

Add to the recipe given above 2 tbsp. cocoa and omit the flavoring. Serve the pudding plain or with hard sauce.

Miss Mabel A. Leas

CHOCOLATE BREAD PUDDING, No. 2

2 tbsp. Baker's cocoa
½ cup sugar
½ cup water
Bread crumbs
2 eggs, beaten separately
2 cups milk
¼ cup sugar
Flavoring

Make a sauce of the first three ingredients. Fill greased pudding-dish half full of bread crumbs. Mix yolks of eggs, milk, sugar and flavoring to chocolate sauce, pour on bread crumbs, add bits of butter on top, bake in a pan with water around pudding-dish about ½ hour.

Add méringue, made from whites, put in oven to brown, eat warm.

Mrs. Robert Kline, Boston

BREAD PUDDING

1 pt. prepared crumbs
¼ tsp. salt
3 eggs
1 pt. milk

Soak stale bread in cold water 1 hour. Remove the thin brown crust and wring the bread in a napkin, then pulverize it with a fork. Measure 1 pt. without packing it. Add the salt to the crumbs. Beat the eggs and add them to the milk. Then add the crumbs. Mix all with a fork. Bake 1 hour in a well-buttered dish. If a sweet liquid sauce is not used, sugar must be added to the pudding.

Contributed

SNOW PUDDING

⅛ box gelatin
¼ cup cold water
1 cup boiling water
1 cup sugar
¼ cup lemon juice
Yolks of 3 eggs
3 tbsp. sugar
⅛ tsp. salt
1 pt. hot milk
½ tsp. vanilla
Whites of 3 eggs

One-half the quantity can be used as well. Soak the gelatin in cold water until soft. Add the boiling water, sugar and lemon juice. When the gelatin is dissolved, strain into a large bowl and place in ice water to cool. Stir occasionally. Beat the whites of the eggs until light, and when the jelly begins to thicken add them to it. Beat until smooth and nearly hard, then pour into a mold or glass dish.

Make a soft custard of the remaining ingredients, and when cold serve it with the pudding. CONTRIBUTED

INDIAN TAPIOCA PUDDING

4 tbsp. tapioca
2 tbsp. corn meal
1 tsp. salt
1¼ cups cold milk
1 tsp. butter
1 qt. boiling milk
¾ cup molasses

Soak the tapioca until soft in enough warm water to cover it. Mix the salt and meal with ¼ cup cold milk, add the butter and pour the boiling milk over this mixture; add the molasses. Pour into a buttered baking-dish, place it in the oven and pour 1 cup of cold milk over it without stirring. Cover tightly until the last hour. Bake 3 hours if possible in moderate heat.

CONTRIBUTED

INDIAN PUDDING, No. 1

1½ qts. milk
½ cup granulated cornmeal
2 tbsp. molasses
A little salt
Molasses
Cinnamon

Heat 1 pt. of milk to boiling point and pour slowly over the cornmeal. Add molasses, salt and a little cinnamon. Then add 1 qt. of cold milk. Pour into buttered baking-dish and bake 2 hours in a slow oven. Soon after it begins to cook, stir once, but do not stir again. MRS. A. J. DANDO

INDIAN PUDDING, No. 2

1 qt. hot milk
1 cup corn meal
1 tsp. salt
1 cup molasses
3 tbsp. butter
1 qt. cold milk
½ tsp. ginger

Pour the hot milk over the meal and cook 10 minutes. Add the salt, molasses, butter, cold milk and ginger. A few pieces of finely chopped preserved ginger may be used instead of the powdered ginger. Place it in a buttered baking-dish, cover tightly and cook in a moderate oven several hours. Remove the cover for the last hour. CONTRIBUTED

STEAMED CAKE PUDDING

Use the recipe for plain cake. Prepare in the same manner. Put in a carefully buttered mold and steam 1½ hours. Serve with sauce. MRS. NORMAN S. ESSIG

RENNET

1 qt. fresh milk
1 tbsp. sugar
1 tbsp. liquid rennet

Warm the milk, add the sugar and rennet and stir until the sugar is dissolved. Pour the mixture into a glass dish and put it in a moderately warm place. Sprinkle with cinnamon and sugar, and serve with cream. CONTRIBUTED

CUP CUSTARDS

1 qt. milk
4 to 6 eggs
1 cup sugar
½ tsp. salt
Nutmeg

Heat the milk. Beat the eggs, add the sugar and salt. Pour on the milk very slowly, constantly stirring; strain. Bake in cups. Set the cups in a baking-pan and half fill it with boiling water. Bake in a moderate oven. Test with a knife-blade, and when the knife comes out smooth and clean they are done. Grate nutmeg over each. CONTRIBUTED

SOFT CUSTARD

1 pt. milk
2 eggs
2 tbsp. sugar
⅛ tsp. salt and flavoring

Heat the milk in a double boiler. Beat the yolks of the eggs slightly; add to them the sugar and salt. Pour the heated milk over the mixture and return to the boiler; stir until it thickens. Strain and when cool flavor. This is a good sauce for rice. If a thicker custard is desired, use 3 or 4 eggs. The whites beaten to a stiff froth, and 2 tbsp. powdered sugar added may be served with the custard. If the custard curdles, place the upper part of the boiler in a pan of cold water and beat until smooth again, and then strain. CONTRIBUTED

CREAM TAPIOCA PUDDING

2 tbsp. pearl tapioca
1 pt. milk
2 eggs
⅓ cup sugar
⅛ tsp. salt
½ tsp. vanilla

Soak the tapioca in enough hot water to cover it, stirring until it absorbs some of the water, then allow it to stand until all the water is absorbed; add the milk and cook until the tapioca is soft and transparent. Beat the yolk of the eggs, add the sugar and salt. Pour the milk over them, cook 3 minutes and then add the whites of the eggs. CONTRIBUTED

BAVARIAN CREAM, No. 1

2 tsp. granulated gelatin
2 tbsp. cold water
1 cup orange juice
½ lemon (juice)
1 cup sugar
4 eggs

Mix orange juice, lemon juice, sugar and yolks of eggs; stir over hot water until mixture thickens, then pour over the softened gelatin, cool and add whites of eggs, beaten stiff. Set in pan of ice water and beat until thick enough to hold its shape. Turn into a mold lined with sponge fingers, and chill.

CONTRIBUTED

BAVARIAN CREAM, No. 2

1 pt. rich milk
1 pt. sweet cream
4 eggs (yolks only)
1 cup sugar
2 tsp. vanilla or other extract
½ oz. gelatin

Soak the gelatin 2 hours in enough cold water to cover it. Heat the milk and stir in the gelatin, until melted. Pour this

upon the beaten yolks and sugar, and heat until it begins to thicken. It should not boil. Take from fire, flavor and let it cool somewhat. The cream should have been whipped stiff. Beat a spoonful at a time into the lukewarm custard until it is like sponge-cake batter. Pour into a wet mold and set on ice to form. It will be formed in a few hours if buried in ice. Miss Marie A. Jones

CHARLOTTE RUSSE

¼ box gelatin
¼ cup cold water
⅓ cup scalded cream
6 sponge fingers
⅓ cup powdered sugar
3 cups heavy cream (whipped)
1½ tsp. vanilla

Soak the gelatin in the cold water until soft. Add the hot cream, sugar and flavoring. Place the bowl in a pan of ice water and stir constantly. When it forms a thick syrup, add the whip from the cream, one-third at a time. Cut off the ends of the sponge fingers and place them ½ inch apart around the sides of a mold. The crust side should be out. Fill with the cream. When thoroughly chilled, turn out in a glass dish.

Mrs. Norman S. Essig

CARAMEL CHARLOTTE

¼ box gelatin
¼ cup cold water
1 cup sugar
½ cup boiling water
¼ tsp. cream of tartar
1 cup cream
1 tsp. vanilla
Whites of 5 eggs

Soak the gelatin in the cold water. Scald the cream. Cook the sugar, boiling water and cream of tartar in a saucepan until the liquid becomes a dark brown. Add 2 tbsp. boiling water and add the mixture to the hot cream. Pour this mixture over the gelatin. Add the vanilla and place the bowl in a pan of ice water. Stir constantly until the mixture is of the consistency of thick syrup, then add the beaten whites, and beat the mixture until the eggs do not separate. Pour into a wet mold and put in a cold place.

Contributed

COFFEE CREAM

⅛ box gelatin
¼ cup cold water
½ cup strong coffee (filtered)
½ cup sugar
1½ cups cream or 1¼ cups rich milk

Soak the gelatin in cold water until soft, then add the hot coffee and the sugar. When the gelatin is dissolved, strain into an earthen or granite-ware dish. Place in cold water to cool. Stir occasionally. When it acquires the consistency of syrup, add the cream, either plain or whipped. Stir until it becomes thick, but not hard; then pour into a glass dish. CONTRIBUTED

EGG CREAM

2 eggs
2 tbsp. sugar
½ lemon (juice and rind)

Separate the yolks and whites of eggs, and beat the sugar with the yolks until well mixed. Beat the whites of the eggs until light. Add the lemon to the yolks, and stir slowly over hot water until the mixture begins to thicken. Add the whites of the eggs and stir until it is like very thick cream. Stir occasionally until cool and then serve in a glass dish. CONTRIBUTED

CALF'S FOOT JELLY

4 calves' feet
4 qts. cold water
1 cup sugar
2 lemons
2-inch stick cinnamon
3 eggs

Wash and split the feet, add the water and cook at a low temperature until the amount of liquid is reduced one-half. Strain through a flannel cloth or a napkin in a sieve. When cold remove the fat, add the whites and shells of the eggs, the cinnamon, sugar and juice of the lemons. Stir until warm. Cook slowly 15 minutes. Skim and strain through a napkin into tumblers.

MRS. NORMAN S. ESSIG

COFFEE JELLY

½ pkg. gelatin
½ cup cold water
1⅔ cups boiling water
½ cup sugar
2 cups strong filtered coffee

Soak the gelatin in cold water until soft. Add the boiling water, sugar and coffee. When the sugar is dissolved, strain through a napkin into the molds or glasses which have been wet with cold water. Serve with cream or whipped cream.

CONTRIBUTED

COFFEE JELLY, No. 2

3 tbsp. freshly ground coffee
1 pt. cold water
2 tbsp. sugar
½ oz. gelatin

Soak the gelatin in a little of the cold water. Make boiled coffee with the remainder of the water, allowing it to boil 3 minutes. Strain through muslin after it has settled, pour it, while hot, over the gelatin. Add the sugar. Strain again through muslin. This amount will fill 3 glasses. To be served with cream.

CONTRIBUTED

LEMON JELLY

1 pkg. gelatin
½ cup cold water
1 pt. boiling water
1 cup sugar
⅔ cup lemon juice

Soak the gelatin in the cold water until soft. Add the boiling water, sugar and lemon juice. Strain through a napkin into molds or glasses which have been wet in cold water. For orange jelly use the same recipe, using only 1 cup boiling water and 1 pt. orange juice with juice of 1 lemon. CONTRIBUTED

JELLIED APPLES

Pare and slice the apples, and fill a quart bowl with alternated layers of apples and sugar. Add ½ teacup water, and bake slowly for three hours. Let it stand until it is cold. It will then be a firm jelly. One cup of sugar is enough for 1 qt. of apples.

ELISABETH WARREN GREEN

ICES

The Deacon, not being in the habit of taking his nourishment in the congealed state, had treated the ice cream as a pudding of a rare species.—O. W. Holmes.

ICE CREAM

1 qt. milk
2 eggs
1 level tbsp. flour
½ tsp. salt
2 cups sugar

Put milk in double boiler; when boiling add flour and cook about ½ hour. Then add this mixture to eggs and sugar beaten together. Put back in double boiler and cook till eggs coat spoon, no longer.

A good base for any ice cream.

Mrs. Aubrey J. Dando

TO MAKE A SMOOTH ICE CREAM

1 pt. cream
1 cup sugar

Boil 10 minutes in double boiler. Then add 1 pint cream, flavor, chill and freeze.

Mrs. Norman S. Essig

PEANUT BRITTLE ICE CREAM

To 1 qt. of vanilla ice cream mixture add 1 cup of rolled peanut brittle and freeze. A good substitute for burnt almond ice cream.

Mrs. Harold DeLancey Downs

CHOCOLATE ICE CREAM

1 cup cream
4 tsp. sugar
1 tbsp. melted chocolate or caramel

Mix the sugar and cream. Melt the chocolate, add some of the cream so that it may be poured into the remainder. Put this mixture into a small covered pail and set it inside a larger pail or pan. Beat the cream with an egg-beater until foamy. Fill the space between the pails with ice and rock salt, using 3 cups of ice to 1 of salt. Turn the small pail until the cream is frozen; opening it occasionally to scrape the cream from the sides. It will take about 20 minutes to freeze.

Mrs. Norman S. Essig

STRAWBERRY ICE CREAM

1 qt. cream
1 or 1½ boxes strawberries
2 cups sugar

Mash the strawberries, add the sugar. Freeze the cream. When not quite hard add the strawberries and sugar. Pack until needed.

Second Method.—Push the mashed strawberries through muslin, and use only the juice. The sugar may be added to the cream.

MRS. NORMAN S. ESSIG

DELMONICO ICE CREAM

2 cups milk
¾ cup sugar
Yolks of 7 eggs
⅛ tsp. salt
1 tbsp. vanilla extract
2½ cups thin cream

Make a custard from milk, sugar, the yolks and salt. Cool, strain and flavor with vanilla. Whip cream and remove the whip. There should be 2 quarts. Add to the custard and freeze, and serve with angel cake. *The Epicure*, Boston

CHERRY ICE CREAM

1½ lbs. cherries
2 lbs. sugar
3 pts. milk
½ cup cornstarch
3 eggs
1 cup whipped cream

This recipe makes 1 gallon. Wash cherries and remove the stones. Place in a saucepan and add 1½ lbs. of sugar. Cook very slowly until the cherries are soft. Cool and then rub through a coarse sieve.

Place milk in a saucepan and add cornstarch. Dissolve the starch and bring to a boil. Add yolks of eggs and ½ cup sugar. Beat and then beat in very slowly the prepared cherry pulp. Turn into the freezing-can and place in the freezer. When frozen to a soft mush, add stiffly beaten whites of eggs and whipped cream. Give a few turns to blend and then remove the dasher and pack. Allow to stand for 2 hours. CONTRIBUTED

MILK SHERBET

1 qt. milk
Juice of 3 large lemons
2 cups sugar

Freeze the milk and sugar, add the juice of the lemons and freeze again, or mix all the ingredients and freeze. Pack until needed. CONTRIBUTED

LEMON SHERBET

2½ cups sugar
1 qt. water
5 lemons
White of 1 egg

Boil the sugar and water 5 minutes, then cool. Add the juice of the lemons, strain and freeze. Add the beaten white of egg and pack until needed. CONTRIBUTED

PINEAPPLE SHERBET

1 tbsp. gelatin
1 pt. water
1 pt. fresh fruit
1 pt. sugar

Soak the gelatin in enough of the pint of water to soften it. Heat the remainder of the water and pour it over the gelatin. The fruit should be grated and stand an hour or more with the sugar over it, then added to the dissolved gelatin and strained. Freeze and pack it. MRS. NORMAN S. ESSIG

PINEAPPLE MOUSSE

⅓ box gelatin
⅓ cup cold water
⅓ cup warm water
6 tbsp. flavoring
1 cup sugar
1 qt. cream

Soak gelatin in cold water and add the warm water. Whip cream until stiff; add sugar, gelatin and flavoring, let stand a few minutes, then put in freezer with alternate layers of pineapple, cut fine. Pack with ice and let stand several hours.

MRS. L. H. RICHARDS

MAPLE MOUSSE, No. 1

1 large cup maple sugar
Yolks of 4 eggs, beaten light
1 pt. cream

Beat sugar and eggs into a syrup and place over fire in double boiler. Cook until eggs thicken syrup, stirring constantly. Take from fire and set into a dish of ice water. Beat until cool and of a light color. Beat cream until light and frothy, then gently stir into syrup. Put into a freezer and pack, using much salt.

MRS. ARTHUR L. BUNTING

MAPLE MOUSSE, No. 2

1 pt. cream **Yolks of 2 eggs**
1 cup maple syrup

Whip cream until stiff. Beat the yolks thoroughly in another bowl; add maple syrup. Mix well, then gradually add the whipped cream. Beat well together and pour into mold or freezer without dasher. Pack in ice and salt (using more salt than for ice cream). Let it stand for 4 hours. This is so rich that it will make enough for 6 persons. This recipe has been used many times by me and not found wanting.

Mrs. E. E. Montgomery

MAPLE PARFAIT

1 qt. cream **6 eggs**
1 pt. milk **4 cups maple syrup**

Boil syrup until it threads. Beat eggs separately and put syrup in the yolks; add whites, cream and milk. Freeze.

This will make 4 quarts.

Mrs. Martin J. Mulkin

COUPE EUGENIE

Fill coupe glasses with vanilla ice cream and marrons in syrup, in equal parts. Cover the mixture with whipped cream flavored with vanilla, put on with a pastry bag in fancy rings and sprinkle over with crystallized violets.

Mrs. Harold DeL. Downs

LEMON ICE

Juice of 6 lemons, strained **1 qt. cold water**
3 cups sugar **Whites of 4 eggs, beaten**

Freeze until very hard. This is enough for 16 people.

Mrs. A. A. O'Daniel

ORANGE WATER ICE

1 qt. water **Juice of 1 doz. oranges**
2 cups sugar

Boil the water, sugar and rinds of 2 oranges for 5 minutes. Cool and add the juice of the oranges, strain through muslin and freeze.

MRS. NORMAN S. ESSIG

GINGER ICE CREAM

1 pt. cream
Yolks of 3 eggs
⅓ jar (small size) preserved ginger

Scald the cream and pour it gradually over the beaten yolks. Return to double boiler and cook until thick. Chop the ginger fine. Add it and one-third of the syrup to the custard. Freeze the mixture, using 3 parts ice and 1 part salt.

CONTRIBUTED

GRAPE FRAPPÉ

1 qt. water
1½ cups sugar
3 cups grape juice
Juice of 2 lemons

Boil the water and sugar together for 10 minutes. Strain through cheesecloth into the can of the freezer. When cool, add the fruit juice. Pack with ice and salt, using equal proportions. When the mixture is half frozen, remove the dasher and pack until ready to serve. Scrape the frozen mixture from the side of the can and beat well before serving.

MRS. NORMAN S. ESSIG

NESSELRODE PUDDING

1 cup sugar
1 cup chestnuts
1 cup boiling water
½ lb. candied fruit
1 cup almonds (shelled)
1 cup cream
½ pineapple, or 1 cup canned pineapple
Yolks of 3 eggs

Shell the chestnuts, remove the brown skin, and cook them in boiling water 20 minutes, or until soft. Press them through a colander. Blanch, dry and pound the almonds. Cut the fruit into small pieces. Put the sugar and water together and boil 15 minutes. Beat the yolks of the eggs until very light and add the hot syrup gradually. Heat again over hot water and stir constantly until the eggs coagulate; then remove from the heat and beat constantly until cold. Add the cream, fruit, almonds, chestnuts

and ½ tbsp. vanilla or lemon and vanilla mixed. Freeze, pack and put away 4 or 5 hours to ripen.

Mrs. Norman S. Essig

CRANBERRY SHERBET

1 qt. cranberry sauce **Juice of 1 lemon**

Add the lemon juice to the strained sweetened cranberry sauce and freeze to a mush. Contributed

BOMBE GLACÉ

Line a mold with sherbet or water ice; fill with ice cream or charlotte russe mixture; cover, pack in salt and ice, and let stand 2 hours. The mold may be lined with ice cream.

Mrs. Norman S. Essig

PINEAPPLE WITH MINT

1 pineapple **½ cup sherry**

Shred a fresh pineapple, sweeten lightly, pour on cup . Place on ice. Serve in glasses with very finely-chopped mint added just before serving, about ½ tsp. to each glass.

Mrs. Norman S. Essig

CAMOUFLAGE

1 pt. fresh strawberries (crushed fine) **½ pt. water**
1 cup sugar
Well-beaten white of 1 egg

Add egg to other ingredients, and mix well just before freezing. Freeze like ice cream. Sufficient for 6 persons and greatly resembling a frozen cream.

Mrs. H. K. Pancoast

CANDIES AND NUTS

Now no more the frost
Candies the grass.—Carew, "Spring".

It is a cordial of candy taste.—Middleton.

SEA FOAM

2½ cups brown sugar (or 2 cups brown and ½ cup white)
½ cup water
White of 1 egg
2 cups chopped nuts

Boil water and sugar without stirring until it forms a soft ball in cold water. Stir into beaten white of egg and beat the mixture until creamy. Mix in chopped nuts and drop on buttered tins.

Mrs. Arthur L. Bunting

CHOCOLATE CARAMELS, No. 1

1¼ lbs. brown sugar
¼ lb. butter
¼ lb. glucose
½ pt. cream
¼ lb. chocolate
2 tbsp. vanilla

Mrs. J. Clifford Jones

CHOCOLATE CARAMELS, No. 2

1 lb. brown sugar
¼ lb. chocolate (4 oz.)
½ cup milk or cream
½ cup butter
½ cup molasses
1 tsp. vanilla
1 cup chopped cream nuts

Cook all the ingredients together, except the vanilla and the nuts. When the temperature is 254° F., remove from the range, add the nuts and vanilla, and pour immediately in a shallow pan 7 by 11 inches, which has been well buttered. If they are not soft, but sugared, add a little cream or milk, and cook again to the same temperature. English walnuts may be used.

Mrs. Norman S. Essig

OLD-FASHIONED CHOCOLATE CARAMELS, No. 3

1 cup molasses
1 cup sugar
1 cup milk
1 cup chocolate (Baker's)
Butter, ½ size of an egg
½ tsp. vanilla

Boil until mixture stirs away from kettle, and until a trial in cold water proves it to be brittle. Add vanilla. Pour into well-buttered pans and mark off in squares.

Miss M. W. Lovell

CHOCOLATE CARAMELS, No. 4

1 cup molasses
1 cup sugar
1 cup chocolate
1 cup milk
Butter, size of an egg
Vanilla

Boil 20 minutes. When nearly done, add butter. Flavor with vanilla, stir briskly, pour into buttered tins.

CONTRIBUTED

MOLASSES CANDY

1 cup molasses
1 cup sugar
¼ cup vinegar
Butter, size of a walnut
1 qt. peanuts

Boil until it strings, add peanuts. Pour into buttered tins.

MRS. NORMAN S. ESSIG

FUDGE, No. 1 (1 pan)

2 cups sugar
Butter, size of an egg
¼ tsp. vanilla
¾ cup cocoa
¾ cup milk

Boil all together 20 minutes, or until it strings from spoon, stirring all the while. Remove from fire and beat to a sugar almost. Pour into greased pan.

FUDGE, No. 2

2 cups sugar
1 cup milk
Butter, size of a walnut
2 squares Baker's chocolate
1 cup raisins (cut)
1 cup English walnuts (broken)

Boil sugar and milk. Then add butter and melted chocolate. Allow to boil 20 minutes. Now beat about 10 minutes and add raisins and walnuts. Pour on buttered tin and allow to harden.

MRS. NORMAN S. ESSIG

PEANUT BUTTER FUDGE, No. 1

2 tbsp. Peanut Butter
¼ cup milk
1 cup gran. sugar

After it comes to a boil continue boiling for 5 minutes then beat.

MISS MARY BAMFORD.

PEANUT BUTTER FUDGE, No. 2

2 cups brown sugar
½ cup milk
3 level tbsp. peanut butter

Let sugar and milk boil until it forms a very soft ball when dropped into cold water. Remove from fire and add peanut butter. Beat hard and thoroughly to blend in the peanut butter. When thick, pour into buttered pan to cool. Cut into squares before quite hard. Mrs. Robert Kline, Boston

PEANUT BUTTER FUDGE, No. 3

2 cups powdered sugar
2 tbsp. peanut butter
½ cup milk

Boil exactly 5 minutes.

Mrs. James H. Moffatt

DIVINITY FUDGE, No. 1

2 large cups granulated sugar
¾ cup Karo syrup
½ cup boiling water
Pinch salt
Whites of 3 eggs
1 cup English walnuts

Boil sugar, syrup, water and salt until it cracks in cold water. Beat the whites of eggs and add very gradually, beating in constantly (after cooling, candy about 1 minute). Add walnuts last. Cut when cold. Mrs. Arthur L. Bunting

DIVINITY FUDGE, No. 2

2 cups confectioners' sugar
1 cup clear syrup (Karo)
Whites of 2 eggs
1 cup nuts
1 tsp. vanilla

Boil sugar and syrup until it hairs. Remove from fire and quickly stir into this the whites of eggs (well beaten), nuts and vanilla and beat until it hardens.

Mrs. Joseph M. Peale

VINEGAR CANDY

3 cups sugar
1 cup vinegar

Boil 20 minutes; may add, if desired, a cup of peanuts or when cool pull until white. Contributed

BUTTER TAFFY

1 cup molasses
1 cup sugar
½ cup butter

Mix together. Boil until it hardens when dropped into cold water.

CONTRIBUTED

TOFFEE

1 lb. brown sugar
½ cup butter
1 lemon or 4 tbsp. vinegar
English walnuts

Heat the butter, sugar and acid over a moderate heat. When it bubbles stop stirring and cook to 270° F. Pour it over the nuts, which have been put on well-buttered pans. It hardens in a few minutes.

CONTRIBUTED

WALNUT CREAMS

Mixture should not be so stiff. By adding different flavors to the creams a great variety may be obtained.

CONTRIBUTED

FRENCH CREAMS

White of 1 egg
Equal quantity of cold water

Stir in XXX confectioners' sugar stiff enough to shape, roll and drop into melted chocolate.

MRS. NORMAN S. ESSIG

PUFFED RICE BRITTLE

1 cup granulated sugar
½ cup water
1 tsp. vinegar
2 tbsp. molasses
Butter, size of a walnut
½ tsp. salt
½ box puffed rice

Boil together the sugar, water and vinegar for 5 minutes, then add molasses, butter and salt. Boil until a few drops in water becomes brittle. Take from fire, stir in puffed rice.

MRS. JAMES H. MOFFATT

COCOANUT BAR

4 cups sugar
1 cup water
½ tsp. cream of tartar
¼ lb. cocoanut

Stir the sugar, water and cream of tartar together until the sugar is dissolved. As soon as bubbles are seen, cook without stirring until it reaches 238° F. Remove immediately from the range. Cool (but not in a very cold place), then beat until it thickens and add the cocoanut. Desiccated cocoanut may be used. Spread on buttered pans. Cool, but not in a cold place, as it hardens the top. It should be soft and creamy and may be cut into bars at any time.

CONTRIBUTED

CHOCOLATE COCOANUT EASTER EGGS

Whites of 2 eggs
Cold water
Confectioners' sugar
Grated cocoanut

Boiled sugar or French fondant is preferred for finest cream candies, as uncooked cream made in this way is quickly and easily prepared. Beat whites of eggs to froth, add equal quantity of cold water (measuring 2 half eggshellfuls), then gradually stir into this confectioners' sugar until of a paste stiff enough to be melted with the fingers and retain its shape. Flavor with grated cocoanut, then mold in shape of Easter eggs and cover with melted chocolate. Lay in rows to harden.

COATING FOR EASTER EGGS

Melt 6 tbsp. grated chocolate over kettle of boiling water. Roll the big egg in the chocolate until you have an immense chocolate egg.

CONTRIBUTED

CANDIED MINT LEAVES, No. 1

Large fresh mint leaves
½ cup sugar
¼ cup water

Wipe the mint leaves very dry. Cook sugar and water together until it spins a thread. Remove from the fire. Place a leaf on a fork and dip in syrup until covered, then remove and sprinkle thickly with coarse granulated sugar. Prepare the day before they are to be used.

MRS. JAMES H. MOFFETT

PEPPERMINTS

1 cup sugar
¼ cup boiling water
3 drops oil of peppermint

Boil the sugar and water together slowly until the syrup threads from a fork. Pour it into a bowl and add the flavoring. Stir until it begins to thicken and look cloudy. Drop by the teaspoonful on paraffin paper. The best-looking mints are made liquid and molded in a granulated sugar mold prepared in the same way as that made of cornstarch, sugar also being sifted over the top. As this sugar can be used again and again or boiled down for candy, it is not extravagant. CONTRIBUTED

OLD-FASHIONED NUT CANDY

2 cups molasses
1 cup white sugar
Butter, ½ the size of an egg
2 tsp. vinegar

Boil until candy hardens in cold water. When cool, pull until white, twist and cut into small pieces with shears. Shell nuts, chop or simply mix with candy just before taking from stove.

CONTRIBUTED

PEANUT CANDY

1 cup granulated sugar
1 cup rolled peanuts

The peanuts are prepared by chopping or by rolling with a wooden pin. Heat the sugar in a hot closet. Put it in a heated French pan. When it has melted, remove to the back of the range and add the peanuts, mixing them thoroughly with the melted sugar. Spread on a tin and press into shape with knives. The tin does not need greasing. Cut in bars. It hardens immediately.

MRS. NORMAN S. ESSIG

SALTED ALMONDS

1 pt. water
½ cup salt
1 cup almonds
1 tsp. butter

Blanch the almonds. Heat the salt and water and, when boiling, add the nuts. Cook 8 minutes. Drain, place them in a baking-pan and put the butter over them in small pieces. Bake until a delicate brown. Stir frequently. All the butter should be absorbed.

MRS. NORMAN S. ESSIG

CANDIED ORANGE PEEL

Peel of 1 orange
½ cup sugar
¼ cup water in which the orange was cooked

Wipe the orange and remove the peel in quarters. Cut it in narrow strips and remove the superfluous white. Cook in boiling water until tender. Drain; then make a syrup of the sugar and ¼ cup of the water. When the sugar dissolves, add the orange rind and cook slowly until most of the water has evaporated. Drain the rind and roll each piece in coarse granulated sugar.

CONTRIBUTED

GLACÉ

1 lb. sugar
1 cup water
½ cup vinegar

Boil the water and sugar together until they thread from a fork, then add the vinegar. Continue to cook until it changes color (290° F.). Place pan in cold water to stop boiling. Place it over hot water while dipping. Drop the blanched nuts in, two or three at a time; remove them with a fork and place on buttered tins. Do not stir the candy. Warm nuts before dipping. If a heavier coating is desired, dip nuts twice. Grapes, oranges and boiled chestnuts make fine glacés. CONTRIBUTED

GLACÉ FRUITS AND NUTS

Grapes
Almonds
Walnuts
Oranges
Chestnuts
Sugar

Have the fruits perfectly dry and divided into sections, and the nuts shelled. In the instance of chestnuts, boil them in water until tender, then simmer for a little while in a thin sugar and water syrup so that they may be slightly sweetened. For the glacé sugar, boil together ½ lb. cube sugar and ½ cup water until a little dropped into cold water immediately becomes brittle. Pick up each piece of fruit or nut separately with candy dippers or long-handled sugar tongs. Dip very gently into the boiled sugar; then lay on waxed paper or on an

oiled platter, to set. Halves of nuts can be pressed into a small ball of almond paste or fondant and then dipped into the glacé sugar.

LEMON HARD CANDY

2 cups granulated sugar
½ cup water
½ tsp. lemon juice
1 level tsp. cornstarch
4 level tsp. confectioners' sugar

A clear, hard candy that is wholesome and liked by the children can be made by the following recipe, and it also makes a very good center for dipping. Time: Preparation and cooking, 15 to 20 minutes.

Boil sugar and water until a light straw color (310° F.); add lemon juice and pour into a shallow, lightly greased taffy-pan. When cooling, mark into squares, using a dull knife-blade. If the markings are deep the candy will break evenly when hard. Sift cornstarch with confectioners' sugar, and dust the candies to prevent sticking. This is a pure, wholesome sweet, and may be kept indefinitely in a covered glass jar. CONTRIBUTED

MOLASSES CANDY

2 cups New Orleans molasses
1 cup brown sugar
3 tbsp. butter
1 tbsp. vinegar
1 tbsp. vanilla

Mix sugar, molasses and butter and boil slowly until it strings in iced water. Then add vanilla and vinegar and continue to boil until it becomes brittle when dropped into iced water. Remove at once, as it burns easily. Stir constantly and don't leave it a minutes from start to finish.

MISS ALICE L. VAN LENNEP

FRUITS AND VEGETABLES

That is may please Thee to give and preserve to our use the kindly fruits of the earth, so that in due time we may enjoy them.—Book of Common Prayer, Litany.

PRESERVING AND CANNING

Glass jars, both new and old, should be thoroughly washed, partly filled with water and turned upside down on a table, to determine that they do not leak. New rubbers should be used.

CANNING

Use one-third as much sugar as fruit. The fruit must be very hot. Strain the juice and allow it to overflow the jar before sealing.

PRESERVING

Use three-fourths or equal amount of sugar with fruit.

Large fruit may be left whole or cut in halves.

JELLIES

Use equal amount of cooked fruit, juice and sugar.

Fruit should be under-ripe for most jellies. No water should be added to currants, grapes, raspberries or blackberries, and the fruit should be heated slowly. When very soft remove from the fire and drain in a flannel bag. Heat the juice slowly and boil gently the required time. The sugar should be heated before adding it to the juice.

CANNING BY THE COLD-PACK PROCESS

In canning by the cold-pack process the food, uncooked or only slightly cooked, is packed at once into the cans, in which it is cooked until sterilized, either by boiling water or steam. For this cooking, a wash-boiler, steam cooker or patent canner may be used. In the canners the cooking is done by steam, under considerable pressure, which materially shortens the process. In many steam cookers the temperature is somewhat above that of boiling water and the time of sterilization is shortened somewhat. In using a wash-boiler, a cloth may be laid over the top and the cover pressed in place over it to keep in the steam. Weights set on the ends of the cover are also of advantage. The jars must be lifted from contact with the bottom of the boiler by means of a rack. Cloth pressed between the jars near the bottom will keep them from coming in contact and avoid breakage.

DRIED FRUITS AND VEGETABLES

Drying fruits and vegetables is one of the simplest and cheapest ways of preserving them for future use. There are two methods: dried by sun or by artificial heat; the latter is better and cleaner, especially in cold climates. A patent drier can be purchased for small cost that will dry large amounts of food with the least expenditure of time. Wash, drain well, and thinly slice the fruit before placing it one layer deep on the drying rack. Turn the product occasionally to keep it from adhering to the pan and be sure that every piece is subjected to heat. Be sure that the heat make the outside feel dry, but leaves the inside of the piece slightly soft, for hard or crisp pieces could not be softened for use. In other words, turn fruit frequently and remove to pasteboard container or glass jar before they are dry enough to crack. It is a good plan to look at the dried products weekly until the danger of mold is passed. Some pieces may need to go back on the racks for another period of drying. The following vegetables are dried: Brussels sprouts, beets (boil until done, then skin and cut), beans (young string), cabbage, carrots, celery, cauliflower, leeks, lima beans, onions, peas, parsley, parsnips, peppers, rhubarb, spinach, salsify and turnip. Fruits: Apricots (allow to stand in boiling water 30 minutes before slicing), apples, cherries, pumpkins, pears, peaches, quinces. MRS. NORMAN S. ESSIG

TOMATO SOUP

12 qts. or 1½ pecks ripe tomatoes
14 stalks celery
14 sprigs parsley
14 bay leaves
21 cloves
7 large onions
12 tsp. salt
1½ cups sugar
6 saltspoons pepper
¼ tsp. cayenne

Cut up tomatoes without skinning. Put through grinder celery, parsley, bay leaves, onions. Mix all together, boil and strain. Then add ½ lb. butter and 2 cups flour. Put in sterilized can and seal at once. MRS. SINKLER

CANNED TOMATOES (Cold-Pack)

Remove the skin from small ripe tomatoes and fill sterilized jars standing in a cooker or boiler. Have also boiling on the stove,

tomatoes cooked; use these to fill the spaces between the tomatoes in the jars, shaking the jars to fill all open spaces. Cover the large receptacle and let cook about 15 minutes; adjust the rubber rings, fill the jars to overflow with some of the boiling hot tomato, set the lids in place, let cook 10 minutes, then fasten securely.

CONTRIBUTED

CORN CREOLE FOR SOUP

12 large tomatoes
12 ears corn
2 onions
2 green peppers
1 doz. okra pods

Scald and cold dip tomatoes, cut in quarters, then cut the corn off ears, slice onions and green peppers (remove seeds first) and cut okra pods in 1-inch lengths. Cook all for ½ hour. Put in sterile jars and fill to brim. Add 1 tsp. salt to each jar. Adjust jar tops and rubbers. Sterilize ½ hour.

MRS. A. REED MCINTYRE

CANNED CORN

Corn enough to make 8 cups
2 cups cold water
⅞ cup salt
1 cup granulated sugar

Put corn into a saucepan with cold water, salt and sugar. Boil 15 minutes. Put into jars, boiling hot, filling to top, and seal at once. When cold, dip tops in paraffin.

When preparing for table, empty the corn into a sieve, draining off juice. Put corn into a saucepan, cover with cold water and allow to stand awhile. Repeat this until salt is drawn out. Then cover with cold water, stand on stove, where it will just come to a boil. Then add a little milk, butter and salt, and serve.

MRS. F. DINWIDDIE WALKER

CANNED PEACHES, No. 1

16 lbs. prepared peaches
6 lbs. sugar (or 3 lbs. if not desired so sweet)
1 qt. water

Select firm fruit. Pare the peaches or put them in a wire basket and plunge them into a pan of boiling water. In 2 minutes take them out and remove the skins. Make a syrup of sugar and

water and when it boils add enough peaches to fill a jar. When soft, put them in a sterilized jar. Seal at once.

CONTRIBUTED

CANNED PEACHES, No. 2

Prepare the peaches and pack closely in jars. Place the lids lightly over the jars. Steam 15 minutes; then add to each quart jar ½ cup sugar dissolved in 1 cup of hot water.

Steam 10 or 15 minutes longer, or until the peaches are soft. Fill each jar to overflowing with boiling water and seal quickly. If several tiers of jars are to be steamed at once, the syrup may be added before placing in the steamer. CONTRIBUTED

CANNED PEACHES, No. 3

6 lbs. peaches, sliced 2 lbs. sugar

Cook 15 minutes after commencing to boil.

MRS. PENROSE ROBINSON

CANNED PEACHES No. 4 (Cold-Pack)

Remove the skins from peaches according to directions given under No. 1. Drop into cold water to keep from discoloring while all are being made ready; have the jars in boiling water to hasten the process. Pour out the water, fill with peaches and set into the receptacle in which the fruit is to be cooked. Fill the jars to overflow with hot syrup. Cover the receptacle, and let cook until the peaches are hot throughout and tender. Fill again with syrup to overflow, adjust the sterilized rubber ring and cover, partially seal, cover and again cook until very hot, then finish sealing. To make the syrup, take 1½ cups of sugar to each cup of water, and let boil 5 minutes. CONTRIBUTED

PRESERVED PEACHES

Use clingstones or other peaches. Keep whole or cut in halves as desired. Make a syrup, allowing ½ lb. sugar and ½ cup water to each pound of fruit. When syrup boils, put in the peaches about 10 jars full at a time. Boil until tender. Fill jars nearly ¾ full of peaches, then add the syrup—1 qt. of syrup to 1 qt. of any flavoring well mixed. MRS. NORMAN S. ESSIG

CANNED PEARS (Open Kettle)

Cut a dozen Bartlett pears in halves, leaving the stem on one half; pare and remove the cores. Make a syrup of 1½ cups of sugar, 1 cup of water and the juice of 1 lemon; skim, put in the pears and cook until just tender. With a silver fork dip the pears into a sterilized quart jar, set on a cloth in a pan of water, pour in syrup to fill the jar to overflow, adjust the rubber and the sterilized cover and tighten the jar. (Omit the lemon if desired. Can peaches in the same manner.

CONTRIBUTED

GRAPE JAM, No. 1

5 lbs. grapes
5 lbs. sugar
3 oranges sliced
1 lb. nut meats
1 lb. raisins

Squeeze pulp of grapes and cook until tender, remove seeds. Then cook skins, pulp of grapes 1 hour over a slow fire. Add sugar and cook 20 minutes. Stir occasionally.

GRAPE JAM, No. 2

Remove the grapes from the stems. Wash them and press the pulp from the skins. Boil the pulp until it separates from the seeds. Rub through a sieve. Add the skins to the pulp and boil with an equal weight of sugar for 15 minutes. Put into jars or tumblers and, when cool, cover with wax and paper.

CONTRIBUTED

PEACH JAM

Take ¾ lb. of sugar to 1 lb. of peaches cut in small pieces. To each pound of peaches, add 2 kernels of the peach stones, cut into small bits. Put mixture in preserving kettle, a large quantity at a time. Let boil 1 hour, or until the syrup is a thick consistency, then bottle. When cool, pour paraffin wax over the jars.

MRS. WALTER D. BANES

DATE AND PRUNE JAM

1 lb. prunes
1 lb. dates

Wash prunes, soak over night. Cook in same water and remove stones. Remove stones from dates and cut in small pieces.

Cook with prunes until mixture is thick. Add small amount of lemon juice.

CONTRIBUTED

STRAWBERRIES PRESERVED

Put 1 lb. of fruit to 1 lb. sugar and let stand until juice is made, then boil briskly 20 minutes. Take strawberries out and boil juice 10 or 15 minutes.

MRS. A. REED MCINTIRE

YELLOW TOMATOES PRESERVED

10 lbs. fruit
3 lemons, sliced
5 cents' worth of ginger root
¾ lb. sugar to 1 lb. fruit (or if you like very thick, sweet syrup, use pound for pound)

Boil hard ½ hour. Have ginger cut in small pieces so there will be a piece in each glass.

MRS. ARTHUR L. BUNTING

PRESERVED WATERMELON RIND

1 large watermelon (rind)
10 cups sugar
1 qt. vinegar
2 tbsp. white mustard seed
3 tbsp. stick cinnamon
2 tbsp. cloves
A few blades of mace

Cut the watermelon rind into squares, add 5 cups of sugar. Put on to boil and when nearly evaporated add vinegar and 5 more cups of sugar, mustard seed, cinnamon, cloves and mace. Cook slowly until syrup is quite thick.

MRS. JOHN S. ELLIOTT

QUINCE PRESERVES

6 lbs. prepared quinces
5 lbs. sugar
1 qt. water in which the quinces were cooked

Wipe, quarter, pare and core the quinces and save the parings and cores for jelly. Cook the quinces in water until very tender.

Drain carefully. Make a syrup of the sugar and water and, when the sugar is dissolved, add the fruit and cook slowly for 3 hours, or until the quinces are dark red. Put immediately into jars.

Mrs. E. O. Fitch, Jr.

GREEN PEAR CONSERVE

7 lbs. green pears, diced
3 lemons, diced
2 ozs. ground ginger root or pulverized ginger
3 lbs. sugar

Cook slowly until mahogany color, which will be in about 2 hours. Put in jars when cool and seal.

Mrs. H. M. Langdon

PLUM CONSERVE

3 qts. blue plums
1 lb. seedless raisins
4 oranges cut small and the rind of two of them
5 lbs. sugar

Stone the plums only and place all together in a kettle, cook slowly until thick and pasty. One cup of English walnuts can be added if desired. Put in jars or jelly glasses when cool.

Mrs. H. M. Langdon

CRANBERRY CONSERVE

1 qt. cranberries
1 orange
½ cup seeded raisins
Sugar
1 cup walnut meats (broken)

Put cranberries, orange and raisins through the meat-grinder, add an equal amount of sugar and 1 cup of walnut meats; cook until it thickens. Glass and paraffin wax.

Mrs. Norman S. Essig

GRAPE CONSERVE, No. 1

6 lbs. grapes
5 lbs. sugar
1 lb. seeded raisins
Pulp of 4 oranges and rind of 2

Pulp grapes. Cook pulps until seeds can be removed easily. Then add pulp to other ingredients and cook ½ hour. English walnuts may be chopped and added if desired.

Mrs. F. Dinwiddie Walker

GRAPE CONSERVE, No. 2

6 lbs. grapes
3 oranges
½ lb. raisins
½ lb. English walnuts

Squeeze oranges, remove pulp, put skin through meat-chopper, also raisins and nuts. Stem the grapes, boil till soft, strain. To every pint of juice allow 1 lb. sugar. Put juice in pot, boil with oranges, raisins, for 20 minutes, then add sugar. Boil up very hard, remove from fire and when almost cold add nuts, put in jelly glasses. MRS. F. R. SAVIDGE

MARMALADES

To produce the best marmalades choose ripe and luscious fruits. Cut them into pieces, put them in the preserving-kettle with layers of sugar, placing fruit at the bottom.

Peach, pear, green grape, pineapple, quince or plum require ¾ lb. of sugar to 1 lb. of fruit. If the juice is not very juicy, a little water may be added. Be careful that the marmalade does not burn. When the whole begins to look clear, and becomes thick by cooling a portion on a plate, it is done, and may be put into jars at once. CONTRIBUTED

ENGLISH ORANGE MARMALADE

The sour orange which grows in Oregon or California is the best. Weigh 14 ounces of sugar to each pound of fruit. Peel the oranges and leave them whole. Put the peels in a preserving kettle with enough water to cover them, and let them boil until very tender; then drain off the water and, taking each piece of peel separately on a silver fork, scrape out the soft inside with the back of a silver knife. Then cut the yellow peel into thin shreds. While the peels are boiling cut the oranges into slices and press through a colander. This process will leave all the fiber in the colander and send the juice and pulp through. Mix this with the sugar and put in a preserving-kettle over the fire. Mix the shredded peel with the juice and pulp and let it boil until it jellies, then put it in glasses and seal. MRS. JAMES MILLS, England
(Through Mrs. C. J. Essig)

GRAPE-FRUIT MARMALADE

1 grape-fruit
1 orange
1 lemon
1 small pineapple

Chop pineapple, slice grape-fruit, orange and lemon very thin, using skin. One bowl of fruit to 3 of water and stand over night. Then boil 15 minutes hard. Let stand 24 hours. Then measure equal parts of fruit and sugar and boil 1½ hours hard. Stir often. Fill warm, dry glasses.

Mrs. Charles Hodge

ORANGE MARMALADE

1 orange
1 grape-fruit
1 lemon

Grind and measure. Add twice as much water. Let stand till next day. Boil until tender, measure and add equal quantity of sugar. Boil about 20 minutes.

Miss Marie A. Jones

ORANGE DELIGHT

3 large seedless oranges
1 large lemon
11 glasses water
4 lbs. granulated sugar

Slice oranges and lemon very thin, rind and all. Pour water over the sliced fruit and set away 24 hours, then boil slowly 1 hour. After boiling, add sugar and set away 24 hours longer. Then boil 1 hour and 20 minutes. Pour into tumblers and cover with paraffin wax.

Mrs. A. J. Dando

ORANGE AND PEACH MARMALADE

1 orange
10 peaches

Cut orange in convenient pieces to put through meat-grinder (take out seeds, grind up the orange skin and all). Scald peaches to remove skins, mash through colander. Place the ground orange and mashed peaches in a preserving-kettle and boil 10 minutes. To every cup of this pulp add ¾ cup of sugar, boil hard for 20 minutes, skim and pour in jars. When cool, cover with paraffin wax.

Miss Irene C. Eisenbrey

MARMALADE

1 grape-fruit
1 sweet orange
1 lemon

Slice very thin. To every pound add 3½ pints of water and let stand 24 hours. Boil between 2 and 3 hours slowly until rind is tender, then to every pound of liquid and pulp add 1 lb. 3 oz. of sugar and boil 30 to 45 minutes till it jellies. (This is fine.)

Mrs. Harold S. Thorn

MABEL'S MARMALADE

1 qt. peaches and juice, chopped
6 oranges, chopped
1 lb. raisins
4 lbs. granulated sugar

Boil peaches, oranges and raisins ½ hour, add sugar and boil another half hour.

Mrs. James A. Campbell

AMBER MARMALADE

1 grape-fruit
1 orange
1 lemon

Slice all very thin and stand over night in equal amount of water. Next morning cook 15 minutes, stand until next day, then add equal amount of granulated sugar. Cook until it jellies, and seal while hot. After it is cool, put paraffin on top to exclude all air, or put in airtight jars.

Mrs. L. H. Richards

CARROT MARMALADE

3 lbs. carrots
2 oranges
1 lemon
3 lbs. sugar
½ pt. water

Boil carrots until tender, then put through nut-grinder. Grate rind of oranges and lemon. Add pulp and juice. Cook together ½ hour. Delicious.

Mrs. F. Dinwiddie Walker

LEMON HONEY

1 lb. sugar
6 eggs, saving whites of 2
Juice of 3 lemons
½ lb. butter

Put all in double boiler, stir until it thickens.

Mrs. Harold B. Beitler

PEAR HONEY

Use winter pears. Wash pears, cut in halves, put in kettle, add water to cover. Let boil till tender, then strain through cloth (do not squeeze). For every pint of juice add 1 pint of sugar. If pears have little taste add to every quart of juice the juice of 1 lemon. Boil sugar and juice till it does not run. If fruit is not over-ripe it is better. MRS. F. R. SAVIDGE

SPICED PEARS

7 lbs. hard pears
3 lbs. sugar
1 pt. vinegar
½ oz. ginger root
½ lemon (rind)
1 oz. whole cloves
½ oz. whole allspice
1 oz. stick cinnamon

Cut pears in halves, remove the seeds, and pare. Put the vinegar and sugar on to boil. Into each piece of the pear, stick three or four cloves. Divide the cinnamon, allspice, and ginger into two parts, put into small pieces of cheesecloth, tie tightly, and then throw them into the sugar and vinegar. When this mixture begins to simmer, add the pears and the lemon rind, bring all to boiling point, take from the fire, and turn carefully into a stone jar. Stand in a cool place over night. Next day drain all the syrup from the pears into a porcelain-lined or agate kettle, cook over a moderate fire, and, when boiling hot, pour it into the jar over the pears. Next day drain and heat again as before; do this for 5 consecutive days. The last day, boil the syrup down until there is just enough to cover the fruit. Add the fruit to the hot syrup, bring the whole to a boil, and put in stone or glass jars or tumblers. The pears may be finished in one day, by taking out the fruit and cooking the syrup slowly down to the right amount; add the fruit to re-heat it and finish as above. The fruit is less rich if done in this way. MRS. NORMAN S. ESSIG

GINGERED PEARS

3 lbs. pears
1½ cups cold water
½ lb. green ginger root
3 lbs. white sugar
1½ lemons

Pare and slice pears thin, put into preserving kettle with cold water and green ginger root which has been carefully scraped

clean. Simmer gently for 10 minutes, then add white sugar and lemons sliced very thin. Cook all together 20 minutes.

Mrs. George R. Sullivan

SPICED PEACHES

7 lbs. peaches
4 lbs. sugar
1 pt. vinegar
½ oz. ginger root
2 tsp. whole cloves
5 cents' worth stick cinnamon

Put in bag:

1 tsp. ground cloves
2 tsp. ground allspice
2 tsp. ground cinnamon
½ tsp. ground mace

Skin peaches, then cook in this mixture. Drain in colander before putting in jars. Then pack peaches in jars and let syrup cook down until thick. Pour over peaches in jars and seal. It takes about 12 lbs. sugar and 1½ qts. vinegar for a basket of peaches.

Mrs. Herbert Fox

SPICED CURRANTS

5 lbs. currants
4 lbs. brown sugar
1 pt. vinegar
2 tsp. ground cloves
3 tsp. cinnamon
1 tsp. allspice

Cook slowly 2 hours. If very ripe, 1 hour.

Mrs. Herbert Fox

SPICED WATERMELON RIND

1 large watermelon
10 cups sugar
1 qt. vinegar
2 tbsp. white mustard seed
2 tbsp. stick cinnamon
2 tbsp. cloves
2 blades mace

Cut rind in squares. Add 5 cups of sugar and cover with water. Put on to boil. When nearly evaporated, add vinegar and 5 more cups of sugar, mustard seed, cinnamon, and mace. Cook slowly until syrup is quite heavy.

Mrs. Brooke M. Anspach

CURRANT JELLY

Wash ½ crate of early July currants. (They are the best.) Remove the leaves and place in a preserving-kettle. Mash them

slightly to be sure they do not burn when first placed over the fire. Allow them to cook until they are well broken and ready to strain. To ½ crate of currants take 6 boxes of red raspberries and treat exactly as the above currants. Strain each through double cheesecloth bags into separate bowls. Now measure your juices with a cup, pouring it all together in one preserving kettle. Place kettle over fire. Now count out the same number cups of sugar, placing on platters in the oven. While the juices are boiling hard for 25 or 30 minutes, see that your sugar is heated and that your jelly glasses are ready.

Turn out the gas from under the kettle, or if coal fire is used, remove the kettle from the fire promptly, stirring in the hot sugar. Continue to stir until the sugar is dissolved. You will see at once that the juice is going to jell. Quickly pour into hot glasses. This never fails.

Gooseberry jelly can be made in the same manner.

Mrs. Norman S. Essig

CRAB APPLE JELLY

Remove the blossom and decayed portion from the fruit; if large, cut into pieces, but do not pare or remove seeds. Nearly cover with cold water. Cook the fruit until soft. Drain, first in a colander, then in a jelly bag. Use the juice only and do not press the bag except for a second grade jelly.

To 1 cup juice, use 1 cup sugar.

Boil the juice slowly for 15 minutes; add the sugar and boil for 5 minutes, skimming as often as necessary. Pour into jelly glasses and when hard cover with wax and paper.

Contributed

CRAB APPLE JELLY

One lb. granulated sugar to 1 pt. juice. Stew the fruit, put in a kettle and cover with water, then put on and boil, then strain through a bag. Then boil and skim for about 20 minutes, or until it becomes a thick jelly. A teaspoonful of isinglass will make it clear. Put in tumblers. Red crab apples are best.

Mrs. A. Reed McIntire

GRAPE JELLY

Wash the grapes in a kettle, put them over the fire and cook until thoroughly done, drain through a sieve but do not press. Boil rapidly for 5 minutes. Then add 1 lb. sugar to each pint of juice and boil rapidly 3 minutes more. Combine Concord, Delaware and Niagara grapes. MRS. A. REED MCINTIRE

BEVERAGES

We drunk our first New England water with as much delight as ever we drunk drink in all our lives.—Chron. Pilgrims.

TEA

Heat the teapot. Place 1 tsp. tea in the teapot, pour 1 cup freshly boiled water over it, and steep a few minutes. It may be served hot or cooled and iced. A slice of lemon is sometimes served in each cup. MRS. NORMAN S. ESSIG

TEA

Four oz. of China tea, 3 oz. of Ceylon tea and 1 oz. of India tea make a fine mixture. MRS. HORATIO C. WOOD, JR.

BOILED COFFEE

Grind the coffee, using ⅔ Java, ⅓ Mocha. Use 1 heaping tbsp. of coffee to 1 cup of boiling water. Measure the coffee; mix with it a little cold water to moisten it, also the shell of an egg and a small quantity of the white. Put the mixture into a heated coffee pot and pour in the freshly boiled water. When it boils, remove to the back of the stove. It is sometimes allowed to boil for 5 minutes; ¼ cup of cold water is added, and after standing a few minutes it is ready to serve. Coffee is improved by heating slightly just before using.

It should be served with cut loaf sugar, hot milk and cream.

MRS. NORMAN S. ESSIG

FILTERED COFFEE

One heaping tbsp. coffee to 1 cup boiling water. The coffee, finely ground, is put into the upper part of a French coffee pot which has been heated, and the boiling water poured through it. The coffee pot must be kept in a warm place while the coffee is being made. MRS. NORMAN S. ESSIG

ICE COFFEE

Strain cold coffee off of grounds, add equal part milk and sugar to taste, and serve with chopped ice in high glasses with whipped cream. CONTRIBUTED

CHOCOLATE

2 cups milk (heated)
2 cups water (heated)
4 oz. (or squares) chocolate
3 tbsp. sugar

Cut the chocolate into small pieces, and put it with the sugar and 4 tbsp. of the water into a saucepan. Stir over the fire until smooth and glossy. Add the remainder of the water gradually, then the milk. Serve at once. A thinner drink may be made by using 2 oz. of chocolate. If the chocolate is sweetened omit the sugar. Serve with whipped cream. CONTRIBUTED

WHIPPED CREAM

Chill the cream. If the weather is warm put ice around the bowl in which you whip it. Season with 1 tbsp. powdered sugar to 1 pt. cream. Use more sugar if you wish it sweeter. Whip with a churn and skim the froth, placing it on a hair sieve over a bowl. If a thick cream is desired use a Dover egg-beater and do not skim it. The quantity will be less than by the first method. Double cream should have some milk added to it before it is whipped. Cream may be whipped in the upper part of a double agate boiler, the lower part being filled with broken ice.

MRS. NORMAN S. ESSIG

PLAIN PUNCH

6 lemons
5 oranges
2 qts. crushed ice
3 qts. water
2½ cups powdered sugar
1 small can crushed pineapple
or
1 fresh pineapple
1 small bottle maraschino cherries

After reaming out the juice of lemons and oranges, add crushed ice, water, sugar and pineapple. To this add maraschino cherries, cut into small bits. CONTRIBUTED

LEMONADE

6 lemons (juice and pulp)
1 cup sugar

Add sugar to lemon juice and pulp. Stir well. Now add:

3 pts. water
1 cup finely crushed ice
½ cup finely chopped mint leaves

MRS. NORMAN S. ESSIG

FRUIT PUNCH

6 oranges
6 lemons
1 grape-fruit
1 pineapple

To the juices of the above fruit add sugar and water (White Rock if you wish) to the sweetness and strength desired. Then add the contents of a small bottle of maraschino cherries and garnish with slices of oranges and cubes of pineapple. This will serve 12 people. Miss Violette T. Haines

TEA PUNCH

Pour off any left-over tea from the leaves at once. To 1 qt. of liquid add ½ cup lemon juice and sugar to taste, stir until sugar is dissolved, remove the rind and bitter white portion from 1 orange, cut into thin slices and each slice into quarter sections. Add to tea and set away and chill.

If you have raspberry or currant jelly, melt and add to lemonade. It makes a very refreshing drink. Contributed

GRAPE JUICE (Drexel Institute)

Pick Concord grapes from the stem. Wash the grapes and heat them, stirring them all the time. When broken, pour into a jelly bag and allow the juice to drip from the grapes. Measure it and add ¼ the amount of sugar. Cook the juice and sugar until they reach the boiling point. Pour into hot bottles, cork and seal immediately. Less sugar may be used.

BOTTLE WAX

Melt together equal parts of shoemaker's wax and resin. When liquid, dip the corked bottles into it.

PUNCH

6 oranges
2 lemons
1 tsp. crushed mint
1 bottle grape juice
2 bottles ginger ale
Sugar to taste

Mix juice of oranges and lemons in a bowl with crushed mint. Put in a punch bowl with a large piece of ice. Add grape juice. Just before serving add ginger ale. Cut small pieces of pineapple and strawberries into it also. As the ice melts add more ginger ale.

Mrs. Norman S. Essig

COOKERY FOR THE CONVALESCENT
(Individual Recipes)

It means the knowledge of all herbs, and fruits, and balms and spices, and all that is healing and sweet in the fields and groves. . . .—Ruskin.

What a searching preacher of self-command is the varying phenomenon of health!—Emerson.

GENERAL DIRECTIONS

The food materials in these recipes are measured level.

The cups used in measuring hold one-half pint.

Flour should be sifted, before it is measured.

In recipes where portion of an egg is required the egg should be first beaten.

Dishes should be tasted before serving, and more seasoning added if desired.

Many of these recipes may be cooked in a chafing-dish.

The following list of utensils is suggested for the use of nurses:

1 double boiler (pint size) or
2 saucepans, Nos. 9 and 10, covers for both
Strainer (bowl size)
Small wooden spoon
Measuring cup
Egg whip
Lemon squeezer
Lemonade shaker
Pieces of cheesecloth

BEVERAGES

LEMONADE

Juice of 1 lemon, or
3 tbsp. lemon juice
1 tbsp. sugar
1 cup water

Dissolve sugar in lemon juice; add ice water and shaved ice if desired.

ORANGEADE

Rind of 1 sour orange
1 cup boiling water
1 tbsp. sugar
Juice of 1 orange

Cut the yellow rind carefully from the orange and pour the boiling water over it. Add the sugar and juice, then strain. One teaspoonful of lemon juice may be added if desired. Chill before serving.

APPLE WATER

2 baked apples **1 cup boiling water**

Pour the boiling water over the apples; strain and sweeten. Serve cold.

TAMARIND WATER

2 tbsp. preserved tamarinds **1 cup boiling water**

Pour the water over the tamarinds and let them stand one-half hour. Strain and serve cold.

CURRANT JUICE

¼ cup currant juice, or
1 tbsp. currant jelly

1 cup cold water (or hot water if jelly is used)

Sugar to taste

Mix the juice or jelly and water and add sugar to sweeten.

GRAPE JUICE

¾ cup grapes **2 tsp. sugar**

Pick Concord grapes from the stem. Wash and heat them, stirring all the time. When broken, pour into a jelly bag and press slightly. Add sugar and cook the juice and sugar until they boil. Pour into a hot bottle, cork and seal with paraffin, or equal parts of shoemakers' wax and resin melted together. Less sugar may be used.

Serve with shaved ice and a few drops of lemon juice if desired.

CRANBERRY JUICE

1 cup cranberries **1 cup water**

Sugar

Pick over and wash the cranberries; cook them with the water until soft, strain through cheesecloth; measure the juice and allow one-half as much sugar, add to juice and boil 1 minute. Pour into a hot bottle and seal immediately.

TEA

½ tsp. Ceylon or 1 tsp. Oolong tea **1 cup boiling water**

Heat a cup or small teapot. Place the tea in it and pour freshly boiled water over it; steep a few minutes and strain. It may be served hot or cooled and iced. A slice of lemon may be served in each cup.

FILTERED COFFEE

2 tbsp. finely ground coffee **⅔ cup boiling water**

Put a piece of filter paper in a strainer and place the coffee in it. Hold the strainer over a hot coffee cup and pour the boiling water slowly over the coffee. The cup must be kept in a hot place while the coffee is made.

BOILED COFFEE

2 tbsp. coffee
1 tbsp. cold water
½ tsp. white of egg
Small pieces of egg shell
⅔ cup boiling water
1 tsp. cold water
Heat the coffee pot

Mix the coffee with the cold water, white of egg and shell. Add the boiling water. Boil three minutes, remove to the back of the stove. Pour out a small quantity of the coffee and return it to the pot. Add the teaspoonful of cold water and settle 2 minutes.

CEREAL COFFEE

3 tbsp. cereal coffee **1 tbsp. cold water**
1 cup boiling water

Mix the coffee with the cold water, add the boiling water; boil 20 minutes; settle 5 minutes and serve very hot.

CHOCOLATE

¼ oz. chocolate
½ tbsp. sugar
½ cup hot milk or half milk and half water

Melt the chocolate over hot water, add the sugar and the milk gradually. Bring to the boiling point and beat well; then serve.

COCOA

¾ tbsp. cocoa
1 tsp. sugar
¼ cup water
¾ cup milk

Mix the cocoa and sugar, add the cold water and boil directly over the fire 3 minutes. Then stir into the hot milk and cook 5 minutes over hot water.

PASTEURIZED MILK

Fill sterile bottles or jars nearly full of milk, cork them with baked cotton, place on rings in a deep pan and fill with cold water so that the water may be as high outside the jars as the milk is inside, place the pan over the fire and heat until small bubbles appear around the top of the milk (about 155° F.), remove to the back of the fire and allow the bottles to stand there 15 minutes, then displace the hot water with cold water to reduce the temperature as quickly as possible, and when milk is cold remove the bottles from the water and keep in a cold place.

PLAIN ALBUMEN

White of 1 egg

Beat the white of the egg until slightly foamy, allow it to stand in a cold place until the liquid separates from the foam. Remove the foam and serve the liquid albumen. Salt may be added if desired.

ALBUMENIZED MILK

White of 1 egg
⅛ cup lime water
½ cup milk

Place all the ingredients in a covered glass jar, shake until thoroughly blended, then strain. It may be sweetened and flavored. Serve immediately.

ALBUMENIZED WATER

White of 1 egg
½ cup water
1 tsp. lemon juice
1 tsp. sugar

Place all the ingredients in a covered glass jar, shake until thoroughly blended. Strain and serve.

ALBUMENIZED ORANGE JUICE

White of 1 egg — **Juice of 1 orange**
1 tbsp. sugar

Place all the ingredients in a covered glass jar, shake until thoroughly blended. Strain and serve.

COLD EGG-NOG

1 egg — **1 tbsp. sugar**
1 cup milk

Beat the egg, add the sugar, then the milk.

HOT EGG-NOG

Yolk of 1 egg — **½ cup hot milk**
2 tsp. sugar — **Nutmeg**

Beat the egg, add the sugar, pour the hot milk over them, strain, and flavor as desired.

EGG BROTH

1 egg — **Salt**
½ tsp. sugar — **1 cup hot milk**

Beat the egg, add the sugar and salt, pour the hot milk over them and serve immediately. Hot water, broth, soup or tea may be used instead of the milk.

RENNET

½ cup milk — **1 tsp. sugar**
5 drops vanilla — **½ tsp. liquid rennet**

Heat the milk until lukewarm, add the sugar and vanilla and stir until the sugar is dissolved, add the rennet, and pour into a glass dish; leave until firm in a moderately warm place, then put in refrigerator; sprinkle with cinnamon or nutmeg, and serve with cream.

RENNET WHEY

1 cup milk **1 tsp. rennet**
2 tsp. sugar

Heat the milk until lukewarm, add the sugar and stir until the sugar is dissolved, add the rennet; leave until firm in a moderately warm place; allow it to stand 20 minutes. Break the curd and strain through double cheesecloth. Flavor if desired.

CEREALS AND GRUELS

GENERAL RULES

Any cold mush may be thinned with cream, milk or water, to the consistency of a cream soup, and served as a gruel.

All cereal preparations, grains, meals or flours may be used for gruels; also plain crackers powdered.

Gruels must be thoroughly cooked, strained, seasoned and served very hot.

Gruels made with meal are made by pouring the meal into the boiling water. They should be cooked for 3 hours over boiling water. When gruels are made from flour, the flour must first be mixed to a smooth, thin paste with ¼ cup cold water or milk, then stirred into the hot liquid. They should be cooked at least 1 hour.

A double boiler must be used for gruels made with milk.

Sugar, stick cinnamon, whole cloves, nutmeg, raisins, lemon rind, fruit juice, meat extracts, or stimulants may be used to flavor gruels.

CORN MEAL GRUEL

1½ cups water **1 tbsp. corn meal**
⅙ tsp. salt

Pour the meal into the boiling salted water; cook directly over the heat 15 minutes, stirring constantly, then over boiling water for 3 hours.

OATMEAL GRUEL

1 cup liquid **1 tbsp. avena**
⅙ tsp. salt

Pour the avena into the boiling salted water; cook directly over the heat 15 minutes, stirring constantly, then over boiling water for 1 hour. If milk is used, the salt should be added just before serving.

GLUTEN GRUEL

1¼ cups water
⅛ tsp. salt
1 tbsp. gluten flour
1 clove

Mix the gluten flour gradually with ¼ cup cold water and stir into 1 cup boiling salted water; cook directly over the heat 15 minutes, add the clove and cook over boiling water ½ hour.

MILK PORRIDGE

1¼ cups milk
1 tbsp. flour
2 raisins
¼ tsp. salt

Mix the flour gradually with ¼ cup cold milk and stir into 1 cup hot milk; if raisins are used, cut them in quarters and cook with the porridge; it must be cooked over boiling water 1 hour. The salt should be added just before serving.

CRACKER GRUEL

3 tbsp. powdered cracker
½ cup boiling water
½ cup milk
¼ tsp. salt

Add the powdered cracker to the milk and water, cook for 10 minutes, add salt and serve. The flavor is improved if the crackers are browned before rolling.

CRANBERRY GRUEL

1¼ cups water
⅛ tsp. salt
1 tbsp. flour
¾ cup cranberries
1 tbsp. sugar or more

Mix the flour gradually with ¼ cup cold water and stir into 1 cup boiling salted water; cook directly over the heat 15 minutes, then over boiling water 30 minutes, add the cranberries and cook 10 minutes longer or until they become soft, add the sugar and when it dissolves press through a strainer and serve.

BLACKBERRY MUSH

1¼ cups water
⅛ tsp. salt
1 tbsp. flour
1 cup blackberries
1 tbsp. sugar or more

Prepare as for cranberry gruel; strain into a glass dish and serve very cold.

WHEATENA

1¼ cups boiling water
⅛ tsp. salt
2 tbsp. wheatena

Add the wheatena gradually to the boiling salted water. Cook it for 10 minutes directly over the heat and then place it over boiling water for ½ hour.

Five dates may be cut into eighths and added to the wheatena 10 minutes before it is taken from the fire.

AVENA

1 cup water
¼ tsp. salt
¼ cup avena

Pour the avena into the boiling salted water; cook directly over the heat for 10 minutes, then over boiling water for 1 hour.

GLUTEN MUSH

1½ cups boiling water
½ tsp. salt
½ cup cold water
⅓ cup gluten flour

Add the cold water gradually to the flour, then pour through a strainer into the boiling salted water; cook 30 minutes, stirring frequently; strain.

STEAMED RICE

¼ cup boiling water
⅛ tsp. salt
1 tbsp. rice

Rice must be carefully picked over and washed thoroughly. Put rice, water and salt into a bowl, place it in a steamer, over rapidly boiling water. Cook until the rice is soft, from ¾ to 1 hour.

BOILED RICE

1½ cups boiling water
⅓ tsp. salt
1 tbsp. rice

Rice must be carefully picked over and washed thoroughly. Add it gradually to the boiling salted water, so that the water will not stop boiling. Partly cover and cook 40 minutes, or until the grains are soft; turn into a colander to drain, then allow rice to dry for 5 minutes in the oven with door open.

BEEF TEA, No. 1

Cut a pound of lean beef into small pieces, put them into a quart Mason jar (with lid on tight). Place in a pot of cold water. Heat gradually, then let it boil slowly for 2 or 3 hours, when all the juice will be drawn out of the meat. Pour off this juice, season with a little salt (it requires very little). When cold skim off the globules of fat.

BEEF BROTH, No. 2

½ cup or ¼ lb. lean beef
½ cup cold water

Chop the meat very fine and soak it in the cold water 1 hour or longer; put it in a saucepan, surrounded by lukewarm water and cook until it has become a reddish brown, stirring all the time.

BEEF JUICE

Choose a thick cut of fine, fresh juicy steak without fat. Broil it over the coals for only a minute, or long enough to merely heat it throughout. Put it over a warm bowl set in a basin of hot water, cut it in many places, and squeeze out all the juice, with the aid of the meat-squeezer. Salt it very slightly. It should be served immediately, freed from every atom of fat, and accompanied with a wafer cracker.

PEPTONIZED BEEF BROTH

¼ lb. beef
½ cup water
¼ tube of peptonized powder
½ cup water

Wipe and chop lean beef, add ½ cup water, and cook over a gentle heat until it boils, stirring constantly. Pour off the liquid, rub the meat to a paste and add this to the liquid. Into a clean jar put one-quarter of the powder in a Fairchild peptonizing tube with ½ cup cold water. Mix thoroughly. Add the broth and shake well together. Set aside in a warm place (115° F.) for 3 hours, then boil quickly, strain and season.

CLAM AND OYSTER JUICE

Wash the clams or oysters and remove all bits of shell; cut them into several pieces and heat a few minutes in their juice. Strain through muslin. Serve while hot. Great care must be taken in straining that sand does not pass through muslin.

These juices may be diluted with an equal quantity of boiling water. They may be frozen.

CLAM BROTH

3 large clams (in shell) **½ cup water**

Wash the clams thoroughly with a brush and place them, with the water, over the fire. As soon as the shells open the broth is done. Strain through muslin and serve.

CHICKEN BROTH

1 chicken
3 pts. cold water
½ cup freshly boiled rice
Sprig of parsley
Salt and pepper
Crackers

Cut up a fowl, and crack the bones. Put it into the cold water. Boil it slowly, closely covered, for 3 or 4 hours, or until the meat falls in pieces. Strain it. Add freshly boiled rice, also a sprig of parsley. Simmer it for 20 minutes longer. Season with salt and pepper (but not too highly). Serve with crackers. If desired, it may be served in jelly form when cold.

MUTTON BROTH

Made in the same manner as chicken broth, allowing a quart of cold water to each pound of meat.

CHICKEN CUSTARD

½ pt. chicken broth — Beaten yolks of 3 eggs
A little salt

Mix all well, and cook it in a double boiler until it thickens. Serve in custard cups.

CHICKEN JELLY

Cut half a raw chicken into small pieces. With the bones put this on to boil in a quart of cold water. Boil slowly until reduced one-half or less. Season. Strain through jelly-bag. Pour into mold. If the chicken is tender broil carefully the breast of the other half; cut into dice, or put in mold whole, cover it with the liquid. When the jelly has hardened take off the layer of fat. It is now ready to turn out of the mold and serve.

SQUAB IN PAPER

Singe; remove pin feathers, head, feet, tips of wings and crop, split through the back; clean and wipe both inside and out with damp cloth. Fold in a buttered paper, place in a pan and bake in a hot oven for 25 or 40 minutes. Turn frequently while cooking.

REED BIRD

Pick, singe and draw the bird. Remove head, tips of wings and feet; then wipe it dry. Put ½ tsp. butter in a pan or chafing-dish and when hot, put in the bird, cooking it until brown. Turn frequently. Season with salt and pepper. Serve on toast or a canapé and garnish with cress or celery tips.

BAKED REED BIRD

Prepare bird as directed above and put in a small baking-pan. Bake in hot oven from 10 to 15 minutes. Baste.

The bird may be wrapped in a slice of bacon before baking.

BAKED POTATOES

Select potatoes of uniform size. Bake in hot oven 45 to 60 minutes. When soft, break the skin immediately to allow the steam to escape and serve uncovered.

HOW TO PREPARE AN UNCOOKED EGG

Beat well the yolk and 1 tsp. of sugar in a goblet. Add to this the white of the egg beaten to a stiff froth. Stir all well together. Flavor the egg with nutmeg. It is palatable without any flavoring at all.

SOFT-COOKED EGG

Place the egg in a pint of boiling water, remove from the fire, cover, and allow to stand from 5 to 8 minutes.

POACHED EGG

Break the egg into a saucer, slip the egg into boiling water, cover, remove to cooler part of fire and cook until white is firm and a film has formed over the yolk. Take up with a skimmer, drain, trim off rough edges, and serve on a slice of toast. Season.

OMELET SOUFFLÉ

½ tbsp. butter
½ tbsp. flour
⅛ tsp. salt
Pepper
¼ cup milk
1 egg

Make the white sauce; separate the yolk and white of the egg, and beat them until light. When the white sauce is cool, add the yolk and cut in the whites. Place in a small buttered dish and bake in a pan of hot water until light brown.

SAVORY CUSTARD

⅙ cup milk
⅙ cup water
⅙ tsp. beef extract
⅛ tsp. salt
⅓ egg

Dissolve the extract in the hot water, add hot milk and salt, add this to the beaten egg. Strain and steam over hot water until firm.

ARROWROOT JELLY OR BLANC-MANGE

Add 2 heaping tsp. of best arrowroot, rubbed smooth with a little cold water, to a coffee cup of boiling water or rich milk which has been sweetened with 2 tsp. of sugar. Stir and boil it

until it has thickened. It may be flavored with lemon juice if made with water. It is very nice without flavoring. Pour into cups or molds. Serve with cream and sugar, or with a compote of fruit around it.

RICE JELLY

Mix enough water to 2 heaping tsp. of rice flour to make a thin paste, add to this a coffee cup of boiling water. Sweeten to taste with loaf sugar. Boil until it is transparent. Flavor by boiling with it a stick of cinnamon, or several drops of lemon juice if intended for a person with fever. Mold it.

SPANISH CREAM
(Individual for sick)

⅛ box gelatin
1 cup milk
1 egg
2 tbsp. sugar
2 tbsp. cold water

Cover gelatin with cold water and let it stand until soft. Scald milk, beat the yolk of egg until light, add sugar and hot milk. Return to fire and cook until creamy. Add gelatin, stir until dissolved, strain, and add white of egg, beaten to a stiff froth. Stand 1 hour to mold.

Mrs. E. Pusey Passmore

VANILLA ICE CREAM

½ cup cream
1 tbsp. sugar
½ tsp. vanilla

Heat the cream and dissolve the sugar in it; when cool, add vanilla and freeze.

CARAMEL ICE CREAM

½ cup cream
2 tsp. sugar
2 tbsp. caramel

Heat the cream and dissolve the sugar and caramel in it; when cool, freeze.

COFFEE ICE CREAM

½ cup cream
1½ tbsp. sugar
¼ cup strong coffee

Heat the cream and dissolve the sugar in it, add the coffee, and when cool, freeze.

CHOCOLATE ICE CREAM

½ cup cream
¼ oz. chocolate
1 tbsp. sugar
3 drops vanilla

Melt the chocolate over hot water, add the sugar and the hot cream gradually; when cool, add vanilla and freeze.

STRAWBERRY ICE CREAM

½ cup cream
¼ cup sugar
½ cup strawberries

Rinse, hull and mash the strawberries, add the sugar, add cream and freeze.

RASPBERRY ICE CREAM

½ cup cream
¼ cup sugar
½ cup raspberries

Strain the raspberries through cheesecloth; add the sugar to the juice, then add cream and freeze.

PEACH ICE CREAM

½ cup cream
¼ cup sugar
⅓ cup peaches

Mash the peaches, add sugar, add cream and freeze. If canned peaches are used, drain the fruit from the juice, and use less sugar. If peaches lack flavor, add ½ tsp. lemon juice.

MILK SHERBET

½ cup milk
¼ cup sugar
1 tbsp. lemon juice

Dissolve the sugar in the lemon juice, add the milk and freeze.

ORANGE ICE

¼ or ½ cup water
Rind of ¼ orange
½ cup orange juice (1½ oranges)
½ tbsp. lemon juice

Boil the water, sugar and rind of ¼ orange for 3 minutes. Cool. Cut the top off the whole orange, and with a silver spoon remove the inside. When the syrup is cool, add the juice and strain through cheesecloth. Freeze, and when ready to serve, fill the orange shell with the ice.

LEMON ICE

½ cup water **¼ cup sugar**
3 tbsp. lemon juice

Boil the water and sugar for 3 minutes, add lemon juice, strain through cheesecloth, and when cool, freeze.

GRAPE JUICE FRAPPÉ

⅓ cup boiling water **¼ cup grape juice**
1 tbsp. sugar **1 tsp. lemon juice**

Boil water and sugar for 3 minutes. Strain, and when cool, add fruit juice and freeze.

MISCELLANEOUS

The Miscellaneousness of Rome, which made the mind flexible with constant comparison, and saved you from the world's ages as a set of box-like partitions without vital connections.—G. E.

SUGGESTIONS FOR THE MOTOR HAMPER AND PICNIC BASKET

These may be packed in a zinc-lined basket in cracked ice:

A mold of jellied chicken madrilene or tomato broth to serve in cups.

Cold boiled lobster in the shell with mayonnaise.

Shells of crab meat, Ravigote. Crab meat packed in glass jar and mayonnaise packed separately, empty shells to fill with mixture.

Iced clam bouillon in cups (packed in 2 qt. glass jar).

Cold broiled chickens in waxed paper.

Cold roasted squab chickens with stuffing.

Cold roasted squabs with watercress.

Hearts of lettuce wrapped in a napkin and put on cracked ice to chill.

Peeled tomatoes and sliced cucumbers ditto.

White cherries with stones removed, filled with cream cheese. Served with lettuce and mayonnaise as salad.

Cold individual chicken and ham pies.

Cold Cornish pasties.

Cold cornucopias of Virginia ham stuffed with cabbage salad.

Cold cherry or strawberry tart.

Stuffed celery with cream and Roquefort cheese.

Eggs stuffed with caviar or anchovies.

Cantaloupes to chill and fill with fresh raspberries.

Cold fried brook trout with watercress.

Cold breast of chicken, supreme.

Lobster, chicken or crab-flake salad in jars.

Biscuit Tortoni in paper cases.

A jar of mixed fruits in syrup to serve in ginger ale or lemonade.

Iced coffee or chocolate.

To remove fruit stains, pour boiling water on the stain from 3 or 4 feet above the stain.

To clean piano keys, rub over with alcohol.

To remove tea and coffee stains, dip in cold water, then cover stain with glycerine. Allow to stand 3 hours, then wash with hard soap and water. Repeat if necessary.

To remove dust from rattan furniture, use painters' small brush.

TO MAKE BAKING POWDER

16 oz. cream of tartar (dry) **8 oz. bicarbonate of soda (dry)**
1 oz. tartaric acid (dry)

Mix thoroughly to fine powder, sift 3 or 4 times.

Mrs. L. H. Richards

TO MAKE SOAP

1 can Banner's lye **1 qt. cold water**
2 tomato cans clean fat **½ cup Mule Team borax**
½ cup household ammonia

Heat the fat and strain through a sieve; then through a cloth; pour the water on lye. After it dissolves put in borax and ammonia. When both are lukewarm, pour this on the fat while warm; stir until it commences to thicken. Line a pan with muslin and pour in the pan. When it begins to harden, cut in pieces about size of small Ivory soap; let stand until it gets hard.

Mrs. Harold Lewis

FOR THE LINEN CLOSET

Every housewife likes to have her linens scented a bit. Use 1 oz. of powdered gum benzoin, 1 oz. of powdered cloves and 2 oz. of powdered cinnamon. Add to this 7 oz. of powdered cedar wood and the same of dried lavender leaves. Mix well and place in small bags. Then lay the little bags among the sheets and pillow slips.

FLY EXTERMINATOR

Put 10 cents' worth of oil of lavender slightly diluted with hot water into an atomizer. Spray it freely into the air and not a fly will remain on the premises. It also leaves a delicate violet fragrance that is delightful. Mrs. Frederick S. Giger

POLISH FOR NICKEL OR GERMAN SILVER

In an 8-oz. bottle fill ¼ with powdered whiting, 1½ tbsp. ammonia, and fill the rest of bottle half and half with denatured alcohol and cold water.

BAYBERRY CANDLES

The berries, which are covered with greenish white wax when ripe, are gathered late in autumn and thrown into a pot of boiling water; the waxy substance floats on top and is skimmed off. This has a dirty green color when congealed, but is again melted and refined, and thus assumes a transparent green hue. A bushel of berries will yield 4 or 5 lbs. For candles it is cast in molds or made like ordinary wax candles; this is by dipping the prepared wick into the melted wax and then rolling upon a marble slab; this is repeated until the candle is of the desired size. The bayberry candles burn slower than common tallow ones, have very little smoke and emit a rather agreeable odor.

PARAFFIN CANDLES

One method is to cut newspaper into strips between 2 and 3 inches wide. These strips are rolled tightly, 4 or 5 being used in a roll, the succeeding strip being inserted in the roll 6 inches before the end of the preceding strip, and the last 6 inches turned back and thoroughly pasted in order that the roll may not come undone when burned. These rolls are soaked in melted paraffin until they will take up no more of the material and then dried. They are said to burn from 20 to 30 minutes.

TABLE OF WEIGHTS AND MEASURES

3 teaspoons liquid	= 1 tablespoon
4 tablespoons liquid	= ½ gill or ¼ cup
16 tablespoons	= 1 cup
½ cup	= 1 gill
2 gills	= 1 cup
2 cups	= 1 pint
2 pints (4 cups)	= 1 quart
4 cups liquid	= 1 quart
4 cups flour	= 1 pound or 1 quart
2 cups butter, solid	= 1 pound
½ cup butter, solid	= ¼ pound (4 ounces)
2 cups granulated sugar	= 1 pound
2½ cups powdered sugar	= 1 pound
3½ cups confectioner's sugar	= 1 pound
1 pint milk or water	= 1 pound
1 pint chopped meat (solid)	= 1 pound
10 eggs (without shells)	= 1 pound
8 eggs, with shells	= 1 pound
2 level tablespoons butter	= 1 ounce
4 level tablespoons butter	= 2 ounces, or ¼ cup
2 level tablespoons granulated sugar	= 1 ounce
4 level tablespoons flour	= 1 ounce

DAINTY LUNCHEONS FOR JUNE

Assorted Hors d'Œuvres
Creamed Chicken Hash with Noodles
Hot Buttered Toast
New Peas and String Beans in Cream
Stuffed Prune Salad
Rice Waffles Coffee

Supreme of Cantaloupe
Jellied Tomato Broth
Filet of English Sole, Marguery
Supreme of Chicken, Jeannette
New Lima Beans, Normande Potato
New Asparagus, Vinaigrette
Sultana Roll Madeleines Coffee

A CHRISTMAS DINNER MENU

Oysters on the Shell
Clear Green Turtle Soup
Salted Almonds Celery Olives
Goose, Roasted, Potato and Onion Stuffing Baked Apple Sauce
Onions in Cream Potato Croquettes Mashed Turnips
Venison Cutlet with Black Currant Jelly
Lalla Rookh Punch
Waldorf Salad in Apple Cups
English Plum Pudding with Hard Sauce
Mince Pie with American Cheese
Frozen Cream, Shepherd's Star Coffee Assorted Fruit

FROZEN CREAM, SHEPHERD'S STAR

This has a distinctly Christmas-like appearance, in its nest of spun sugar which may be procured from any confectioner. Have a star-shaped mold with a star in the bottom, and coat this thickly with raspberry ice. Make a mousse of 2 cups of sweet cream whipped very stiff, beating in ¾ cup of powdered sugar, a soupçon of salt and 1 tbsp. of granulated gelatin dissolved in ¼ cup of cold water, and flavor very strongly with Bénédictine. Fill the star mold with this, cover tightly, pack in ice and salt and freeze. The spun sugar upon which it should be turned in serving emits rays which dart out from between the points of the star, and the dessert has a peculiar significance for Christmas-tide.

SUPPER MENUS FOR AFTER THEATER OR OPERA

Tomato or Chicken Consommé in Cups
Timbales of Lobster
Lamb Cutlets with Butter, Noisette French Peas
Quail, Roasted, or Supreme of Chicken, Jeannette
Salad Mignonne Peach Melba Cakes

SUPPER MENU II

Cream of Chicken Soup in Cups
Oyster Patties
Mignonette of Chicken with Paprika Sauce
Asparagus Tips in Cream
Assorted Cold Meats
Palm Beach Salad Coupes Eugenie

THE MAXIMS OF FRANÇOIS

Hear ye, American housewives, what François has to say: "The high cost of living is due to your extravagance; your extravagance is due to your ignorance, and your ignorance is due to your ancestors."

Then having placed the responsibility on long-gone ancestors, François proceeds to explain wherein salvation lies.

"Treat excellent food plainly. Transform low-priced foods into delectable dishes by proper seasonings and flavors. And eat less meat!"

Americans eat more meat than any other people in the world. This is the startling information François impresses upon you and produces a table of statistics to prove it. According to the figures, America, per person, eats 185 pounds of meat each year, dressed weight; England, 121 pounds; Germany, 116 pounds; France, 79 pounds; Italy, 71, and Switzerland, noted for its hardy people, only 62 pounds.

"Therefore," says François, "you Americans eat much more than the French and the Italian nations together; 2.37 times as much as we do, and 2.62 times as much as the Italians."

To appreciate the value of François' theories, you must see them carried out in his own little corner of Paris that he has transplanted to the West Forties in New York City. Here he has a big basement. In it is a wonderful kitchen hung with shining brass and copper utensils—and François himself, his ruddy cheeks set off by his white cap and white apron.

If the weather is warm, you eat in the sunny back yard, for even the sun is in the scheme of François' delectable economy. How much is it going to be, you wonder, as you marvel all through the menu from the hors-d'œuvres to the hot black coffee that puts the finishing touch on an excellent dinner.

"Fifty cents," he bows, smilingly, and somehow you know a nice little percentage of that half dollar is going into the coffers of your host. But how? Simply by utilizing every part of the supplies that can be utilized. The coffee grounds, the chicken bones and the potato skins are left, but the diners have eaten everything else! "But you Americans," exclaims François deprecatingly, "you throw away enough in a day to feed a French family a week. But you will learn," he adds encouragingly.

"When a food is really excellent, treat it as plainly as possible and add no ingredients that will destroy its taste or take away its natural flavor. When a food is cheap and good, though rather tasteless, use the right flavors and sauces and turn it into an excellent dish.

"Economy always, but real economy. Therefore I buy expensive ingredients for my sauces and flavorings and there is no waste because the dishes are not palatable. The best mushrooms, olive oil, truffles, anchovies and capers are the cheapest in the end, and many foods that no good cook would serve without them are made into most appetizing dishes by their seasoning. The too strong flavor of mutton may be remedied by any acid sauce, though caper sauce is perhaps the best.

"Sage, saffron, savory, basil and thyme are excellent seasonings. Morsels that are quite insignificant may be covered with herbs, curry or other exotic condiments and be made into dishes good to look upon and to eat. In the French stores one may buy stew bunches, which contain green bay leaves, thyme, green celery and other sweet herbs, and hot dried peppers. Toast and fried bread cut into forms should always accompany stews and cream dishes, spinach or dishes served with sauce."

Here François had to stop to explain to the listener the difference between gravies and sauces. A gravy, it seems, is made from the juice of the article cooked, usually thickened and seasoned, excepting for broiled meats and fowls. A sauce is made of material foreign to the food served.

"Serve your food so that it will delight the eye—that has so much to do with the relish of a meal. Garnishes are very simple, but they add so much. The red radish cut fancifully is very effective and when the little red buttons topped with small green leaves are placed on a slice of green pickle, the color combination is attractive. In earlier days they used to put a heavy wreath of green about meats and fowls, but now a few sprigs of green at one side of the food is considered better. Nut meats are desirable in connection with savory and sweet dishes and tiny croquettes are always good.

"Never use flowers and fruits to garnish any dish but a sweet one. Nasturtiums are the exception. They really belong to the cress family and combine better with meat and vegetables.

"Toast can be garnished by lightly buttering and then sprinkling partly or wholly with minced green parsley. Other garnishes for meat dishes may be formed from hard-boiled eggs, tomato, cucumber and aspic jellies and pickles, which adapt themselves to countless forms. In cold weather it is excellent to have vegetable fritters served with meat dishes."

François' dinners are noted in several lands and he won great fame as head cook in a château in Brittany just before he came to America. He was asked for a menu of one of his most popular French dinners. He admitted that the most popular ones are a combination of French and Italian cooking—and here is a François menu that is sure to bring exclamations of delight:

First a salad of red and green peppers, large capers, tiny Sicilian olives, ripe and purple in hue, and anchovies. Then spaghetti served with a dark red tomato sauce, cooked with the luscious *fruits de mer*, known in this country as novgole—very like our own cherrystone clams.

Next comes the fish—three kinds on a smoking platter, and if you are quite correct, you will try each variety. Next follows poultry or game. If it is chicken à la François at his very best, it will be fried in oil and covered with a delicious sauce with "memories of garlic," which is the perfect flavor. Then there are tomatoes, fresh mushrooms, truffles and a tiny onion or two, and romaine salad. The fruit is eaten with the salad. *Vol au vent* is the favorite pastry dish, and like all François pastries is manufactured with oil.

Simpson's-on-the-Strand

No visit to London town is complete without a luncheon or dinner at Simpson's in the Strand, a place alive with traditions of the past and one where honest food is honestly cooked, with none of the masquerading under disguise of French sauces prevalent in so many places where imitation French cookery replaces the national dishes of Johnny Bull—a dignified place withal, and one that commands one's most infinite respect and commendation. Long live Simpson's in the kaleidoscopic, pulsating heart of London—the Strand!

ON BREAKFASTING

Only a very small percentage of the inhabitants of this sphere, one ventures to say, are past-masters in the art of breakfasting. The rest of the world, upon seeing this, will rant and roar and laugh derisively. "Who is this person," they will say, "who sets herself up as an authority on breakfasts, and what does she know about it, anyway?"

The successful business man, already inclined toward embonpoint, will slap his hand on his knee and ejaculate, "Breakfast? Don't tell me anything about breakfast! Now, here's the perfect breakfast, to *my* mind: Half a grape-fruit, with the ice still on it, a good dish of oatmeal with thick cream and plenty of sugar, some scrambled eggs, country style, with sausages and some French fried potatoes, good coffee with plenty of cream, and some hot corn muffins. Then take a plate of buckwheat cakes and maple syrup to top off on, and there you are —best breakfast in the world."

Yes, the very best, according to this standard. A typical American breakfast; but a shade more deadly than the typical English breakfast. The latter, as eaten by thousands of smug Johnny Bulls every morning, accounts for the usual morning grouch which so many men, Britishers and their American cousins alike, strive to conceal behind the outspread pages of their morning papers at the breakfast table. They may conceal it outwardly, but its inward effect will be felt in after years. There is no grape-fruit, but there are often strawberries in season, and then a huge dish of porridge, then silver dishes with bacon, chops, grilled kidneys, fried eggs, boiled eggs, kippered herring, finnan haddie, and potatoes baked in their jackets, followed by toast and slathers of marmalade and jam, and sometimes flannel cakes with treacle. But the general effect is the same, be it in England or Canada or the United States—a breakfast disposed to breed gluttons and dyspepsia at the same time.

Ah! it is so easy to infuse a little poetry into breakfast. We have already been told, many years since, of those wonderful Dutch breakfasts upon a balcony in Holland, overhanging some Dutch canal, under which a procession of wonderful, shining canal boats, with red geraniums in the window-boxes, pass in trained precision. We have prattled of those adorable French breakfasts

on a little terrace of some café, on the very sidewalk under a huge green and white bouquet of a blossoming chestnut tree, or, if in the country, in the shady grapevine arbor in a little Bousquet. Up, perched amid the cypresses of Fiesole or along the incomparable, sunny cliffs of Capri, an Italian breakfast is tinged with romance, and as to a breakfast in Spain—well, who will ever forget that in the shadow of the Alhambra, or on the little vine-clad porch of the Reina Cristina at Algeciras?

Breakfast in foreign lands is always capable of being transformed into a poem, and, therefore, why bother with the prosaic and unromantic American middle-class breakfast, a polyglot combination of dishes borrowed from other nations and eaten in far too great haste, in nine times out of ten?

Let us stage a culinary poem, at sun-up, on a shady porch where one may look far out to sea, from his North-Shore lookout. A great, greenish blue glass Italian bowl, piled high with sparkling cubes of ice, will make a wonderful centerpiece on a June morning, especially when piled upon the cubes are luscious cherries, blackhearts and crimson and white, all at their best during June. Green leaves here and there add to the at tractiveness of the dish, and is anything ever quite so refreshing as cherries to start the day with? No?

Then there shall be, if cereal is inevitable, little dishes of jellied cream of wheat or malt breakfast food, or even oatmeal molded in little cups or fancy molds and chilled pleasantly, then turned out upon the dishes, to be eaten with clotted cream.

There may be a light omelet—a cheese omelet, for example, with little flakes of grated Gruyere over the top, or scrambled eggs with Gruyere flavoring them delicately. There may be tiny croquettes of either salt codfish or of flaked halibut or of salmon, small and daintily brown, and plenty of crisp hot toast, and coffee fresh from the percolator.

Then to another. Stage this at the edge of a lake, upon a rustic breakfast porch overlooking some lake where the clouds, like wreaths of silver mist, are already rising from the water and enveloping the tops of the pointed firs. Wild strawberries appear with a little crown of strawberry leaves, to begin a perfect feast. There shall be no cereal to destroy their taste, but one jumps from strawberries direct to a large platterful of fried trout, the jewels

of their sides showing through the coating of crisp brown corn meal in which they have been rolled. There are new potatoes baked with their jackets on, and there are thick squares of luscious corn bread. Oh, joy! And crisp little bits of salt pork garnishing the fish, and a dish of watercress from the brook near by, to eat with a bit of lemon juice and salt. What else? Nothing—for there won't be room for anything, saving, of course, the coffee, which one will want to start with the strawberries and end with the cigarettes.

On, then, to Number Three. This may be anywhere, and is to start with little balls of ripe cantaloupe and watermelon scooped from the melons and chilled in a pan of cracked ice until wanted for serving. Then, they are heaped in grape-fruit glasses on a little heap of finely shaved ice, and, of course, if one had a bit of Maraschino left to pour over—well, then it would be food for the gods.

For this breakfast one might have some little boxes made from very thick slices of toasted bread, the center of the slice carefully removed with a sharp knife before toasting. This shall be filled with creamed chicken hash made from the breast of chicken, and a carefully poached egg reposing upon it is an alluring adornment.

Popovers, bursting over their cups in a frenzy of puffy, brown expansion, with plenty of sweet butter and some crisp little slices of bacon, will accompany this, and the coffee must be Vienna Coffee, made with hot cream and milk. This is sufficient for the ordinary mortal, but if there must be cakes, let them be Indian cakes with real maple syrup.

By this time raspberries should be seasonable, and who first thought of chilling them and serving in very small, ripe canteloupes, also chilled? Can anything more alluring be imagined than raspberries in a dish of canteloupe? Try it and see. Whipped cream may be passed with the powdered sugar, but they are better without it.

Then a delicious surprise may be made from baking some new potatoes of uniform size, scooping out the pulp, whipping it lightly, with plenty of seasoning, sweet butter, and some cream, and putting it back in the shells until they are nearly filled. Then lay in gently two little Deerfoot Farm grilled sausages, or three if it

will hold them, cover with a flaky bit of the potato, replace the shell on top, and garnish with one broiled mushroom and a couple of curls of crispy bacon, and serve in a bed of cress. Yes, there may be cereal with this, rice cakes served with guava jelly and cream cheese and the coffee, which every one seems to use for tea on this side of the water. But, really, for breakfast, a cup of fragrant Ceylon is not so bad, either.

The last breakfast would better begin with strawberries, and large ones with the hulls left on and some of the prettiest vines, too, twining about them in a large glass dish of cracked ice. A little glass dish of powdered sugar is served to dip them in, and they are eaten from the hulls, as strawberries should be to get the real benefit of their flavor.

Then, finnan haddie in cream served with little sippets of toast, or one might even substitute smoked beef in cream, salt codfish, or smoked salmon, if one prefers it. But whatever it is, let there be plenty of it and some toasted English muffins and some orange marmalade. Then, if it is a very hearty breakfast, and this is not enough, Swedish pancakes with raspberry jelly inside and powdered sugar without, rolled up tightly and eaten with thanksgiving and prayer. How easy for every breakfast to be a poem, and how hard after one of them to return to the French breakfast of coffee and a *petit pain.*

SOME CULINARY SECRETS

The real, dyed-in-the-wool epicure cannot make his way about the world, collecting recipes here and there, without learning many little secrets of the *cuisine*, secrets which, mayhap, have been stumbled upon by accident, but which, nevertheless, impart their cunning to a skilled cook and give her an added reputation as a "*cordon bleu.*"

One of the things the average American mistakes in, is his lavish use of this or that condiment or seasoning. He thinks that, if a little be good, a lot will be better; but there is his mistake, and he may learn a lesson from the French or Italian cook, who grades, to a nicety, the use of certain condiments and aromatic herbs, Indeed, it is their remarkable skill in using herbs which gives to

their cookery that incomparable flavor, delicate and elusive, which the American would do very well to study.

Garlic, for instance, is something that should be used with the greatest of care. Simply rubbing a cut clove of garlic over the sides of a roasting-piece of lamb or veal will give it that delicate aroma which is more like a memory than a flavor. But a shade too much of it and the effect is spoiled. The same is true of sage, of thyme and marjoram, indeed, of all herbs.

A bachelor, who loves his kitchenette and is always experimenting, gives his method of transforming a "flat-tasting" oyster stew into a poem. It is nothing more or less than a couple of slices of lemon with the rind left on, which he plunges into the saucepan when the stew comes to its first boil after the milk has been added. Not sufficient to curdle the milk, the tart lemon and the aromatic oil in the rind give just enough of a soupçon of lemon to redeem the stew from its mildness.

This same bachelor, who makes luscious ice cream from the sweetened pulp of strawberries and thick cream, adds, also, the juice of two lemons and a grating of the rind—and presto! the cream takes on new character at once. The same with banana ice cream into which a wineglassful of good old gin—if such a thing is left in the cellar—has been mixed. No one who has ever eaten banana ice cream done in this fashion will ever call it flat again.

Another wrinkle is to put the grated cheese for tomato sauce or meat sauce—or at least a half of the cheese intended to garnish the dish—directly into the sauce itself, allowing it to heat long enough to melt the cheese and blend its flavor subtly with that of the peppers and onions, dried mushrooms and garlic, and tomatoes and chicken livers, and other ingredients of the beloved Italian sauce.

The Italians always cut their ham, instead of cross-grained, as Americans do, the long way of the ham, claiming that the flavor is better thus—and so, indeed, it seems to those who have tried it.

Almost every cook who has tasted Italian salad in her pet restaurant likes to make a platter of it at home sometimes, with its ripe little Sicilian olives, tomatoes, peppers which have been roasted in the oven and their skins removed before serving in the

salad, the cold tongue and salami and other ingredients, the *pièce de resistance* of which, of course, is the anchovies and herrings. But she wonders why the little fish are always so salt as to take away the pleasure of their eating, so the secret of the Italian cook may be whispered to her—he soaks the salted fish overnight in sweet milk! Then removes the skin and bones and cuts in small pieces.

If chicken to be smothered or fried is soaked half an hour in milk, it will well repay one for this slight extra trouble. It should be wiped dry, dredged with seasoned flour, and gently fried in butter, to be fit for the King, or the President of the United States.

Extracts compiled by Mrs. Harold DeLancey Downs

"THE POLYGLOT EPICURE"

If the "Polyglot Epicure" will accustom himself to strange tongues and order the following dishes in the cities mentioned, he will have specialties for which they are famous and will obtain a very liberal education in the cuisines of the countries.

Caen, Tripes à la Mode de Caen. Boulogne-sur-Mer, Sole Dieppoise, Sole Normande, or Sole au Vin Blanc. Dieppe, Moules Marinières, Coquille Ste. Jacques, Faisan Normande. Le Havre, Ecrevisses Bordelaises. Trouville, Homard à l'Américaine. Rouen, Canneon Rouennaise. Cherbourg, Noisette de Pré Salé. Mont St. Michel, Omelette Poularde. Dinard, Langoustes or fried eels known as Equilles. The Loire country boasts Rillettes de Tours, little goose-liver pâtés beloved of epicures. Bordeaux, Potage Chapon Fin, and Biarritz, Friture de Pays. Marseilles, Bouillabaisse and the various delicious little shellfish sold in the street or at the restaurants along the quais. Praires, Clovisses, Violets de Mer—these are best. The Riviera, Mostelle à l'Anglaise. Monte Carlo, Crême de Langoustines.

"We may live without poetry, music and art;
We may live without conscience and live without heart;
We may live without friends; we may live without books
But civilized man cannot live without cooks."—Owen Meredith

Mrs. S. Blair Luckie
Vice-President, Eastern District

LIBRARY OF CONGRESS
0 014 488 241 6